JUNE 2021 BHG.COM

Better Homes & Gardens®

the Great OUTDOORS

FIND HAPPINESS IN YOUR OWN BACKYARD

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MARK THOMPSON

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PHOTOS: (DECK) NATHAN KIRKMAN, (DRINKS AND SALAD) CARSON DOWNING, (GARDEN) KINDRA CLINEFF
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EDITOR'S LETTER



BEST-LAID PLANS

If you're like me, after the past year all you want to do this summer is be outside as much as humanly possible. I mean, I will sleep indoors, but otherwise I might just transfer most of my cooking, eating, and working out to the yard. I love relaxing outdoors in a hammock, but the main thing that gets me outside has always been gardening. As a kid, I hated most of my assigned chores, but I would gladly help my dad plant vegetables and feed the roses. I'm never happier than with my hands in the dirt and my bare feet drenched by a watering hose. Gardening is like a meditation to me. It gets me out of my head and out of the house.

As of March, when we took possession of a very old house on Cape Cod, I am blessed to have a big new garden project. It's going to take years, and we are completely overwhelmed right now with what is basically a blank slate, yet I'm fully enjoying the planning phase. And I'm trying to be practical. I'm not 30 years old. How do I plan the garden of my dreams so it can age with me? How can the garden be fulfilling without taking over my life with nagging chores and piles of plants killed by my neglect? How, as a somewhat impatient person who usually leans toward instant gratification, can I start gardening in earnest without a master plan for the property?

After so many hours on Zoom meetings, I desperately want to watch something grow. I want to start small and manageable, especially as we navigate our new return-to-the-office reality. This year I'm putting my efforts into the impermanent. I'm planting vegetables and herbs in raised beds, which will someday lay the groundwork for a four-square kitchen garden, or potager. I'm also doing container gardens, but I want to keep them to a minimum because frequent watering can be challenging if I need to travel. For what was once a large dog run, I am imagining a dry garden of gravel and iron-tough perennials. Because I'm near the ocean, I want this area to be loose and beachy—with driftwood, natives, grasses, and fragrant Mediterranean plants like lavender and santolina—instead of something reminiscent of a Southwestern desert. (Though I will include the native Eastern prickly pear.)

For the rest of the property, well, let's say that's still a distant fantasy I don't want to puncture with the realities of budget, labor, and time. I've been Pinteresting images of front yard meadows with mown paths around small orchard trees that will replace the giant scrappy front "lawn." I also hope to create a couple of hornbeam- or beech-hedged garden rooms with English-style mixed borders of shrubs, perennials, and herbs. And maybe a big patch of melons and squash because I just learned there was once a cantaloupe farm across the street. Most importantly, I want to select a few impressive specimen trees to plant now so I can enjoy them when I'm older. Planting for the future. What's more hopeful than that?



STEPHEN ORR,
Editor in Chief
instagram @steporr

PHOTO: MELANIE ACEVEDO/SARAH LAIRD

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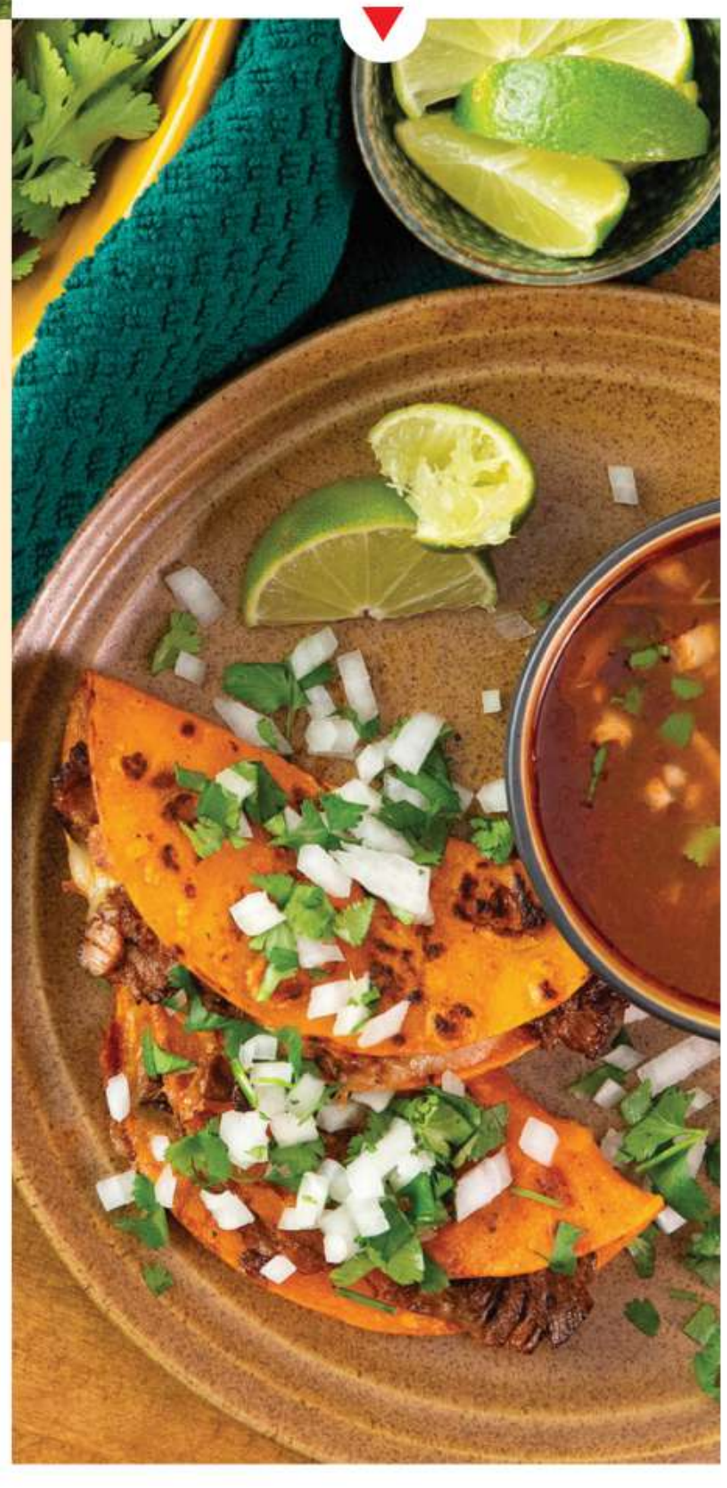


GROW BETTER

Raised beds offer easier accessibility, improved drainage, and more control over soil composition. But some common mistakes can mean you won't get the full potential from a bed. Our guide covers pitfalls to avoid.
BHG.com/RaisedBed

How to cook birria tacos

What makes this type of taco so addictively juicy and crunchy? A pressure-cooked beef stew filling and tortillas dipped in the broth then fried to a crisp shell. Watch our video tutorial to learn how to make our Beef Birria Tacos at home.
BHG.com/BirriaTaco



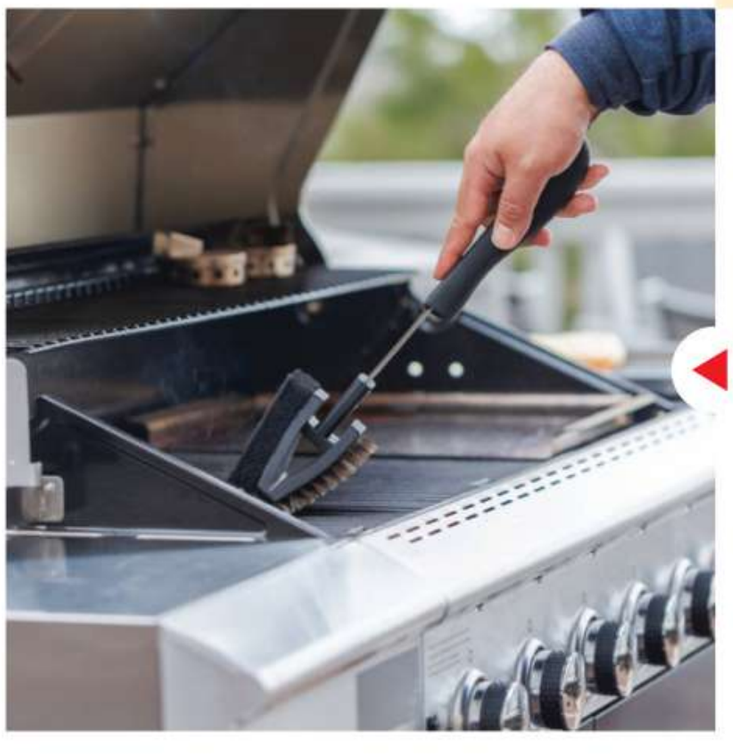
Celebrate Juneteenth

Join millions of Americans across the country on June 19 to celebrate the oldest U.S. holiday commemorating the end of slavery. Learn about the history of the holiday and the traditions that make it so meaningful.
BHG.com/Juneteenth

[SWEEPSTAKES]

Win a mower

Make mowing a breeze. Enter for a chance to win the John Deere S240 Lawn Tractor, plus $1,000 to cover taxes. ***BHG.com/WinDeere***
Details on *page 107.*



GRILL CLEANING 101

We tapped our BH&G Test Kitchen crew for their top cleaning tips so you can get the best results from your grill and ace the backyard BBQ. Learn strategies for keeping your charcoal or gas grill, smoker, and tools in optimal shape.
BHG.com/CleanGrill

PHOTOS: (RAISED BED) ANDREAS TRAUTTMANSDORFF, (TACOS) DERA BURRESON, (GRILL) ARINAHABICH/GETTY IMAGES

BRUCE ALWAYS SAYS LET THE FOOD DO THE TALKING. SO HERE IT IS.



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PEEKABOO
Snacks and salads won't hide patterns that go all the way to the rim.

TRENDS

SET YOUR SUMMER TABLE

Here comes the sun—thank goodness!—and with it, an easy excuse to throw open the doors and dine outside. We're committed to making the most of this outdoor-living season, and that includes giving the patio table a stylish refresh. We've rounded up four mini collections of chic outdoor tableware durable enough to handle a little chaos. If these colorful enamel pieces aren't your style, turn the page to find a look that plays up your personality.

Bold & Confident

These modern enameled dishes are striking in numbers, but even one makes a statement. *Clockwise from top left:* ■ **Striped Enamel Bowl** in Teal, $25; *store.moma.org* ■ **Colorblock Napkins** $40 for six; *statethelabel.com* ■ **Splatterware** Catalina in Bermuda Buttercup Coupe Salad Plate, $17, and Cereal Bowl, $13; and **Two-Tone** Colorama Collection by Bornn, $14–$37 each; *crowcanyonhome.com* ■ **Flashback** Large Fruit Plate, $46, and Small Serving Plate, $28; *darlingspring.com* ■ **Tumblers** $10 each; *us.falconenamelware.com*

BY **LAUREN BENGTSON** PHOTO **JASON DONNELLY**

STYLING: CHRISTY BROKENS

Enjoy the backyard s’more.

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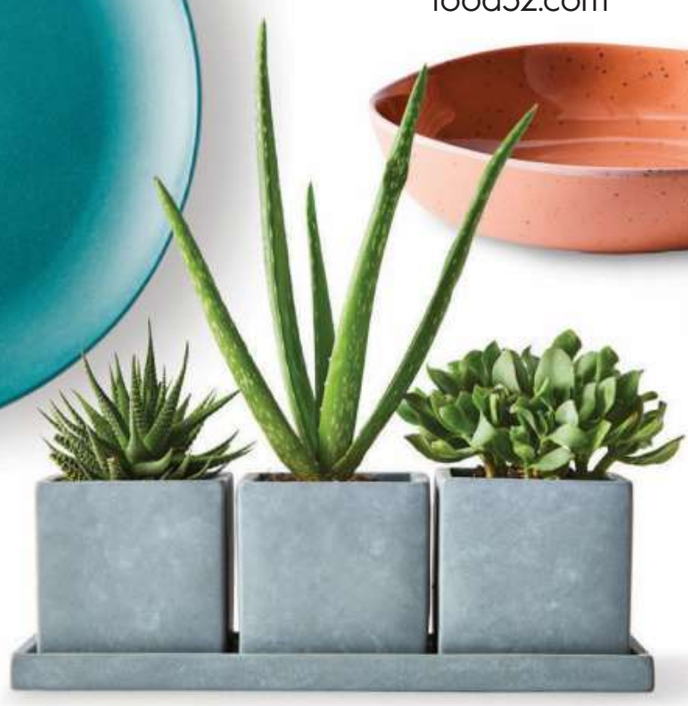
Audley Teal Dinner Plate, $8; crateandbarrel.com



Hand-Printed Willow Ship Napkins in Decon Floral, $36 for two; westelm.com



Sandia Melamine Dinnerware, $58 for six side bowls; food52.com



Better Homes & Gardens Collection® Naveen Herb Planter, $13; walmart.com/BHG



Veranda Outdoor Glasses in Sage Green, $48 for six; potterybarn.com

Earthy Minimalist

If you're drawn to muted hues and natural materials, these picks are for you. Speckled dishes recall the glazes on hand-thrown earthenware, but they're shatterproof bamboo and melamine. Thick acrylic tumblers look like recycled glass.



Build your own set: Schoolhouse Dinner and Plaid Side plates, $44 for four; xeniataler.com



BH&G Collection Blue Sabine Stripe Tumbler, $3; walmart.com/BHG



Azulejo Coasters in Print, $48 for four; anthropologie.com



Mario Luca Giusti Palla Acrylic Pitcher in Yellow, $68; amara.com



Marguerita Mergentime Once in a While Napkins in Orange, $38 for four; store.moma.org

Peppy & Colorful

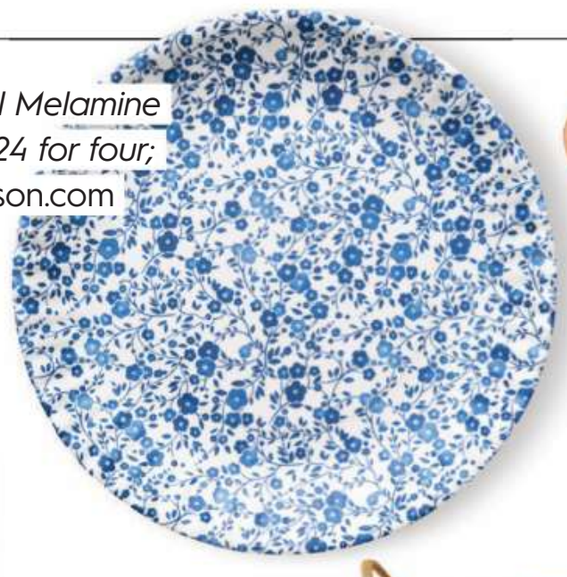
You love bright, juicy colors—especially in punchy patterns. Plaid bamboo plates are tailor-made for a picnic; splashy stripes on acrylic tumblers nod to retro beach towels and have us dreaming of long days on the warm sand.



Blue Night Festival Coasters, $26 for four; dearkeaton.com

Orchid Woven Napkin Ring, $7 each; macondoforever.com

Franklin Barware, $11–$12 each; cb2.com



Mixed Floral Melamine Plate Set, $24 for four; caitlinwilson.com



Kamba Salad Servers, $24; acaciacreations.com



BH&G Collection Alameda Resin Rattan Tray, $8; walmart.com/BHG

Laid-Back Bohemian

You're about texture, relaxed naturals, and an eclectic mix of easygoing patterns. These picks feature nubby, woven materials; warm browns to set a neutral, casual base; and breezy florals to lighten the mood. ■

PHOTOS: (PLANTER, FESTIVAL COASTERS) CARSON DOWNING



PLAYTIME TURNING YOUR KIDDO INTO AN ALLERGY MONSTER?

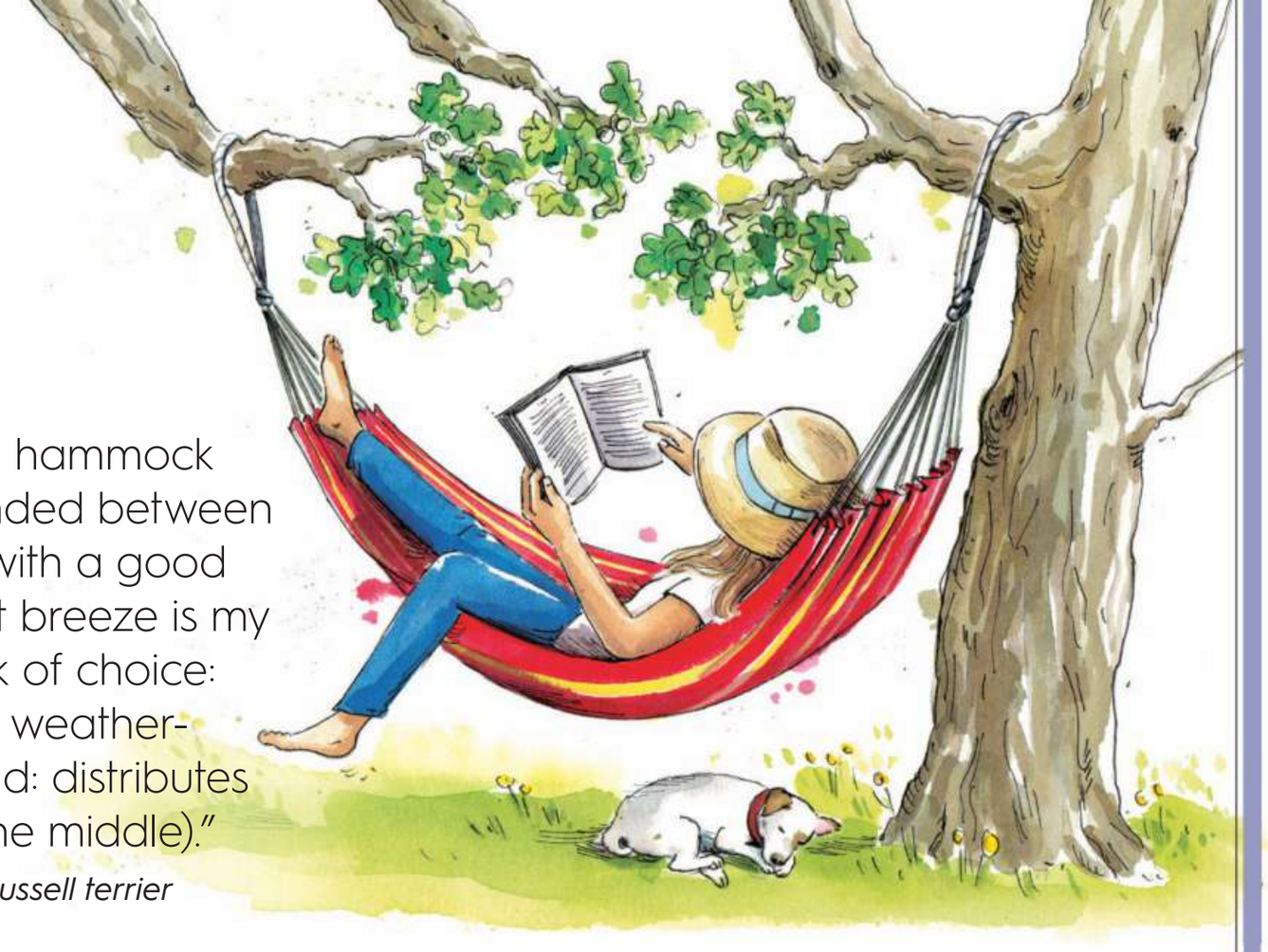
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HOME FIELD ADVANTAGE

"I've become a hammock person. Suspended between two oak trees with a good book and slight breeze is my new favorite summer thing. My hammock of choice: Brisa ($90; *lasiesta.com*). It's super roomy, weather-resistant, and has a multicord design (read: distributes weight so it doesn't sag or bunch up in the middle)."

—DIANA DICKINSON, *features editor,* and FRANK, *Jack Russell terrier*



"A drink dispenser is a must for small gatherings. It takes the work off the host and helps everyone stay distant and fill their own glasses."

-JESSICA THOMAS, *style director*

SOAKING UP SUMMER

HYDRATION STATION

Until you're ready to bust it out for a party, use a handy glass dispenser to meet your daily water intake goals. Drop in slices of citrus, fruit, and some herbs like mint or basil for a little extra flavor that'll keep you coming back for more. Check out *BHG.com/InfusedWater* for flavor inspiration.

◀ Better Homes & Gardens Collection® 2.5 Gallon Wrenn Beverage Dispenser with Galvanized Steel Lid, $14; *walmart.com/BHG*

FIRE IT UP

PIZZA, PRONTO

"This portable pizza oven is by far our best-loved patio splurge. Fueled by hardwood pellets, it turns out bubbling wood-fired pies in minutes. My 12-year-old now makes the dough, and everyone tops their own—a family dinner win."

—OMA FORD, *executive editor*



Ooni Frya 12 Wood Pellet Pizza Oven, $299; *ooni.com*

GET *GOING*

Venture beyond your backyard with our best on-the-go gear.



BRING THE TUNES

"This waterproof speaker sounds great and pairs easily, but it's the hang-anywhere hook I appreciate most." JBL Clip 3 Portable Bluetooth Speaker, $50; *qvc.com* —KATY KIICK CONDON, *home editor*



LAY OUT

"We are a beach family who likes to spend full days on the sand. Having a clean, dry gathering spot is super important." Sand-Free Mat, from $50; *backcountry.com* —ERICA METZGER, *beauty editor*



KICK BACK

"This basket is as stylish as it is functional and, most important, keeps the wine safe." Corsica Picnic Basket, $75; *picnictime.com* —LAUREN BENGTSON, *market editor* ■

ILLUSTRATIONS **HANNAH GEORGE**

NEW

Plant-Based PATTY

SAME DELIGHTFUL FLAVOR



PATTY MADE WITH BROWN RICE, BEANS & QUINOA*

*patty contains egg whites

Jimmy Dean DELIGHTS®

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BRIGHT MONOCHROME

Designer **Stephanie Hunt** practiced a layering technique in this bedroom to ensure the bold pink palette is more timeless than trendy.



1

FIND A STARTING FABRIC

Stephanie Hunt of Flairhunter interior design begins with a hero fabric as a jumping-off point. Here it was the curtain fabric (Raoul Textiles Chunari in Fuchsia), which has just enough pattern to inject some texture and break up the blocks of color.

2

INTRODUCE A RANGE

Hunt establishes a collected look by mixing shades and hues in the same color family (like these blushes, hot pinks, and fuchsias). "Having some colors feel unexpected—not perfect matches—helps a space feel timeless, as if it were assembled over years," Hunt says.

3

PRACTICE PATTERN BALANCE

The tone-on-tone patterns on the walls and curtains are subtle, so Hunt went bold in other places. The corner chair wears cut velvet with graphic circles. The tight patchwork of the floral painting adds rhythm and movement. "Layers give the room life."

4

INCLUDE VINTAGE TOUCHES

Mixing art, accessories, and fabric from different eras—the collection of antique glove molds, the ornate gilded mirror frame, and the vintage kantha quilt on the bed—delivers an immediate sense of history. Oil-rubbed bronze metal hardware further hints at age. ■



On sale at newsstands and *magazine.store/CountryHome.* Or hover your smartphone camera here.

BY **PAIGE PORTER FISCHER** PHOTO **KARYN MILLET**

BUYING INFORMATION: ***BHG.com/Resources***

GET AHEAD OF ECZEMA AND SHOW MORE SKIN

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*In a clinical trial at week 16, 59% of adults taking DUPIXENT + topical corticosteroids (TCS) had significantly less itch vs 20% on TCS only; 39% saw clear or almost clear skin vs 12% on TCS only. 36% saw clear or almost clear skin at week 52 vs 13% on TCS only.

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Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

SANOFI GENZYME REGENERON

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YOU MAY BE ELIGIBLE FOR AS LITTLE AS A $0 COPAY.† CALL 1-844-DUPIXENT (1-844-387-4936)

†**THIS IS NOT INSURANCE.** Not valid for prescriptions paid, in whole or in part, by Medicaid, Medicare, VA, DOD, TRICARE, or other federal or state programs, including any state pharmaceutical assistance programs. Program has an annual maximum of $13,000. Additional terms and conditions apply.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:
- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.
The following additional side effects have been reported with DUPIXENT: facial rash or redness.
Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

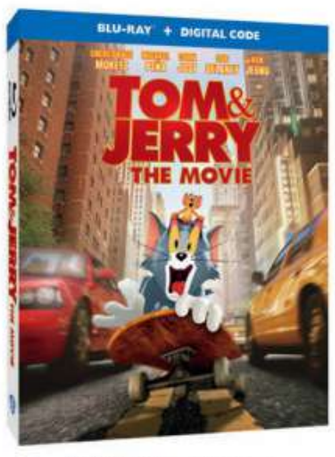
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the PERFECT PLATE



BOURSIN® CHEESE CHICKEN PUFF PASTRY PIES

INGREDIENTS

- 2 puff pastry sheets, thawed
- 1 lb chicken breasts, cubed
- 5.2 oz Boursin® Garlic & Fine Herbs Cheese
- 2 cloves garlic, minced
- 1 Tbsp fresh parsley
- 1 Tbsp fresh thyme
- 1 tsp salt
- ½ tsp ground black pepper

EGG WASH

- 1 large egg
- 1 Tbsp water

INSTRUCTIONS

1. Preheat oven to 350º F and thaw pastry sheets
2. Chop chicken into small pieces and place in mixing bowl.
3. Combine chicken with Boursin Cheese, garlic, parsley, thyme, salt and pepper.
4. Lightly roll out one sheet of puff pastry and cut into six equal rectangles.
5. Add chicken and cheese mixture to center of three puff pastry rectangles and top with remaining three pieces of puff pastry to create three pies.
6. Cut off any excess pastry and reserve for later.
7. Crimp each pie to seal using the tongues of a fork and cut five diagonal slits down each pie to vent.
8. Repeat steps 4-7 with remaining puff pastry sheet.
9. Create an egg wash and brush on tops of pies.
10. Bake pies on parchment paper covered sheet for 25-30 minutes or until golden brown and done.

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SOLUTIONS

SUNNY DAYS AHEAD

Mineral. Chemical. Broad-spectrum. Oh my! If you find shopping for a sunscreen a little confusing, you're not alone. A Northwestern University study found that only 43 percent of people surveyed fully grasped the definition of SPF. Only 7 percent knew what to look for on a label if they were seeking a sunscreen that would help prevent the signs of aging. Ready to boost your sun smarts? Turn the page to learn how to get the protection you need and the ingredients you want—no Ph.D. required.

COVER YOUR BASES
Don't forget to apply sunscreen to hands, feet, eyelids, ears, lips, and the back of the neck.

REDUCE YOUR RISK
According to The Skin Cancer Foundation, daily use of SPF lowers the risk of melanoma by 50 percent.

OUR PICKS ■ **Neutrogena Invisible Daily Defense Sunscreen Lotion SPF 60+** provides hydrating chemical protection that's undetectable on all skin tones. $17; *target.com* ■ Slather on water-resistant **Banana Boat Sport Mineral Lotion SPF 50+** before you take a dip. $8; *walmart.com* ■ Cover even hard-to-reach spots with **Bare Republic Clearscreen SPF 50 Sunscreen Spray's** sheer, nongreasy chemical formula. $13; *gobareoutside.com* ■ **Eos 100% Natural Sunscreen Lip Balm** nourishes and shields delicate lips. Available in two fruity flavors: coconut (pictured) or watermelon. $3; *evolutionofsmooth.com* ■ **Cetaphil Sheer Mineral Sunscreen Stick SPF 50** delivers travel-friendly, mess-free protection. $10; *target.com*

STYLING: CHRISTY BROKENS

BY **BAZE MPINJA** PHOTO **CARSON DOWNING**

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6:15 am — Achy

6:55 am — Anxious

10:43 am — Relaxed

1:15 pm — Uneasy

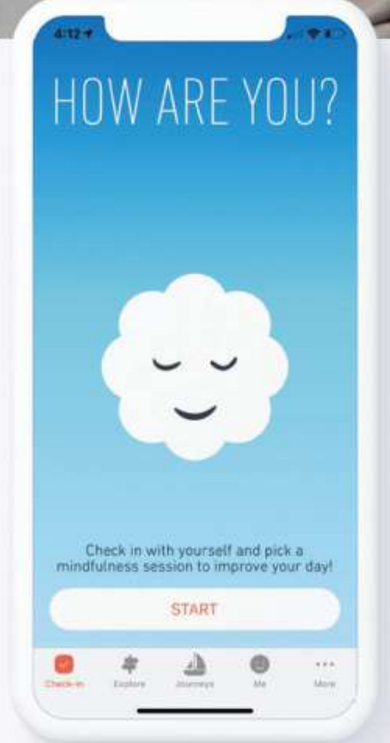
4:07 pm — Distracted

5:41 pm — Relieved

8:34 pm — Connected

10:12 pm — Hopeful

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READING THE LABEL

Lingo to look for when shopping for sunscreen.

- **BROAD-SPECTRUM** First things first, using a broad-spectrum sunscreen is a must. The term indicates that the product will protect you against UVB rays (the main cause of sunburns) and UVA rays. Too much exposure to both can speed signs of aging and lead to skin cancer.
- **SPF** Sun protection factor indicates how much more UV radiation you can be exposed to before burning compared to when you're not wearing sunscreen. "Choose a broad-spectrum formula with at least SPF 30 protection," says Joshua Zeichner, M.D., a New York City dermatologist.
- **WATER-RESISTANT** If you're going to be outside in the water or exercising, look for *water-resistant* on the label. Sunscreens can't claim to be waterproof or sweatproof, but water-resistant formulas will protect you while you're swimming or sweating for 40 minutes or 80 minutes, depending on what the label says.

CHEMICAL SUNSCREEN

- **HOW IT WORKS** "Chemical sunscreens absorb UV rays, convert them to heat, and then release it. They're composed of ingredients that are called organic filters," says Kavita Mariwalla, M.D., a dermatologist in West Islip, NY. In SPF terminology, *organic* doesn't mean natural. It refers to carbon-based chemical ingredients, commonly avobenzone, octinoxate, or homosalate. They take about 30 minutes to absorb into the skin, so remember to apply before heading outdoors, Zeichner says.
- **WHAT TO CONSIDER** Chemical formulas are popular because they blend into skin quickly and tend to feel weightless, even at higher SPF levels. They are also easier to wash off than mineral formulas, Mariwalla says. One of the debates is whether chemical formulas harm coral reefs, but as of January 2021, sunscreens that contain oxybenzone and octinoxate are banned in Hawaii. Sunscreens labeled *reef-safe* don't contain these two ingredients.

reapply every 2 hours

The clock starts ticking the minute your sunscreen hits your skin. "The key thing to remember is that sunscreen efficacy begins declining the minute you put it on, not just when you are out in the sun," Mariwalla says.

MINERAL SUNSCREEN

- **HOW IT WORKS** Mineral, or physical, sunscreens sit on top of the skin as a shield against the harmful rays. They contain zinc oxide alone or in combination with titanium dioxide and are effective immediately after you apply them. Be aware that products labeled *mineral-enriched* contain a mix of minerals and chemicals.
- **WHAT TO CONSIDER** Many of the latest mineral formulas feature the words *sheer* or *invisible* on the label, which means they won't leave behind the dreaded white cast. Even if you don't see those words on the packaging, rest assured that most physical SPFs have evolved and can be easily rubbed into the skin and blended in.

Mariwalla suggests taking the buzzword *clean* with a grain of salt. "Products with ingredients like zinc oxide and titanium dioxide, aka mineral sunscreens, are considered clean because they are minerals rather than lab-created filters. But *clean* is not defined by the FDA or the Cosmetic Ingredient Review board," she says. ■

PHOTO: DENISE CREW/AUGUST

For certain adults with **newly diagnosed metastatic non-small cell lung cancer (NSCLC)** that **tests positive for PD-L1**

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Thank you to all the patients, nurses, and physicians in our clinical trials.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal
- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious. Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO + YERVOY?"**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain
- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.

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7356-US-2100057 03/21



erica explores

SUMMER GLOW

It's sundress season, and these pampering picks will have your bare legs looking smooth and radiant in no time.

After months of living in leggings, the switch to bare legs can feel abrupt, but my advice is to jump right in. Get naked and treat your body to the works! Slough away dry layers with an exfoliant that works best for your skin. Remove whatever hair you want gone. And slather on a lotion that leaves you silky soft and bronzed if you like a little color.

Erica Metzger
beauty & fashion director
Instagram
@embeautycoach

dry brush

This tool feels like an invigorating spa treatment. Sweep over your body (toward your torso) before a shower or bath to rev up cell turnover and circulation. **Esker Dry Brush,** $18; *eskerbeauty.com*

lotion

Maybe it's just me, but I think my legs look longer when I moisturize with this gradual self-tanner. **Jergens Natural Glow Daily Moisturizer,** $9; *target.com*

scrub

Yummy sums up **Tree Hut Firming Sugar Scrub.** Soothing oils, sugar, and coffee bean leave my skin extra silky, and the exfoliation experience perks up my mood. $9; *ulta.com*

PRO TIP
Use gentle pressure with scrubs to avoid irritating your skin, says NYC derm Blair Murphy-Rose, M.D.

shave

Push the button on the handle to dispense Olay moisturizer. **Gillette Venus Radiant Skin,** $40 for starter pack; $20 for two blades and two moisturizer refills; *gillette venus.com*



PRO TIP
Exfoliating before self-tanning prevents patchy, uneven color.

PRO TIP
Wait to shave until the end of your shower when your skin is the softest, says Murphy-Rose. ■

PHOTO **CARSON DOWNING**

PORTRAIT: KATHRYN GAMBLE; STYLING: CHRISTY BROKENS

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MY COTTAGE PROJECT

As an editor for shelter magazines, my day job was writing stories about beautiful homes while I lived in a tiny rental condo with too few windows. It was time I put those magazine ideas to use on a fixer-upper. When I landed this 800-square-foot 1943 cottage in Birmingham, AL, skeptics saw a cramped house with a falling-down garage. I recognized potential.

BONUS SPACE I turned the run-down garage into a home office and entertaining spot by adding insulation and drywall, installing French doors and flooring ($1/square foot slate tile), and sewing tablecloths into a Roman shade and pillows.

BY **ZOË GOWEN** PHOTOS **LAUREY GLENN** STYLING **MARK THOMPSON**

FIELD EDITOR: LIZ STRONG



Spotlight on Summer Style.

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A fresh coat of creamy white paint was at the top of my cottage style checklist.

To keep from getting overwhelmed by my whole-house makeover, I limited myself to working within the original footprint and made improvements in stages. A goal of maintaining classic cottage-style elements, like the simple woodwork and the charming front porch, kept me focused while in the rabbit hole of design options. A good friend and Kismet led me to a great handyman who worked with me for three summers on my home improvement adventure, guided by the design and DIY lessons I've picked up through the years.

First: Curb appeal means everything. Starting outside can rev you up for the rest of a rehab. It's like wearing your favorite outfit when you're feeling down. White paint, a snappy accent color, a Dutch door, and window boxes perked up the place. I saved the awnings—they keep energy bills down, and I like them—but



ENTRY I demoed the low brick walls, steps, and railings (goodbye, fire ants living under my front porch) in favor of more inviting, low-slung white wooden steps that wrap the porch.



striped them. After this upgrade, Uber and food delivery drivers began to notice. "This house is cute and easy to find," they'd say. "It's the only house in the neighborhood with stripes," I'd type in the delivery notes.

Inside, a few tried-and-true small-space tricks came into play. I took the house to a clean slate before I moved in, turning the patchwork of green, mustard, red, and brown shades into a cohesive and expansive white canvas. I painted the floors Farrow & Ball Shaded White and every wall and ceiling Benjamin Moore White Dove. These two colors are popular with interior designers, and I love how they play off each other.

I tried the sofa everywhere, but centered in front of one window made the living room feel its biggest. Roman shades mounted just below the crown molding (rather than at the top of the window frames) create the illusion of a taller ceiling.

I also harnessed the power of restraint. Just a few surprises—like the garden bench at the dining table and the whopping light fixture in the kitchen—brought the right dose of personality.



This piece wouldn't fit in the dining room, but I like having these things on display in my living room better anyway.



china cabinet

I found the china cabinet for $125 at an estate sale and used leftover exterior paint to cover its original honey-brown finish.

living room

Bold colors shrink a room, so I chose a soft pink and celadon palette. Double-duty furniture earns its keep. My sofa is long enough to fill in as a guest bed, and the chairs have casters so I can pull them up to the dining table.



dining room

You see the dining room when you walk in the front door, so I treated it like a foyer and went with a skirted round table. For access to the new screen porch, I replaced a window with French doors from a Habitat for Humanity ReStore.

kitchen

Wood countertops, a reclaimed industrial pendant, a deep sink, and a bridge-style faucet refreshed the kitchen. Adding the dishwasher was a big but worth-it splurge.

> One day I realized the house felt too sterile, so I painted the dining room peach and sponged on a gold glaze. ZOË GOWEN

Another lesson I drew from involved maximizing available space. My back deck was an eyesore that didn't provide much of a hangout space. My good friend and architect Ebee Tullos drafted a plan to convert the old deck into a classic Southern screen porch. The project consumed every weekend from May to October with endless trips to the hardware store, where I learned that my Toyota Prius can haul as many as forty 8-foot-long boards. When finished, the multipurpose porch *(pages 34–35)* exceeded my expectations. By the time I reached this stage, I had honed my decorating skills and learned to think like a contractor, inspiring me to add interior design work to my freelance career as a writer.



Replacing the hardware and the faux drawer fronts gave the cabinets a lift.



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Custom wood frames make the screens look like windows.

porch

I re-covered the cushions on the vintage rattan sofa and IKEA chairs with outdoor fabric. The color combo reminds me of my favorite Nike shoes from middle school.

laundry

My washer and dryer were installed in the garage when I first moved in. Now they're on the porch, protected by curtains, a countertop, and two much needed closets. I can use the wood top for folding clothes or serving drinks.





> Curtains give me privacy without blocking much light. I get a backyard view through the other screen wall, which opens up the whole house.
>
> ZOË

[INSIDER TIPS]

BUDGET SAVERS

PAINT AND WOOD

I used these materials extensively and creatively. In the kitchen, I installed a backsplash of vertical 1×2s finished with high-gloss paint.

EFFICIENT REUSE

The dining room window went into the garage conversion.

SAME FLOOR PLAN

I avoided the costs of shoring up load-bearing walls or moving plumbing and ductwork by keeping the original walls. ■

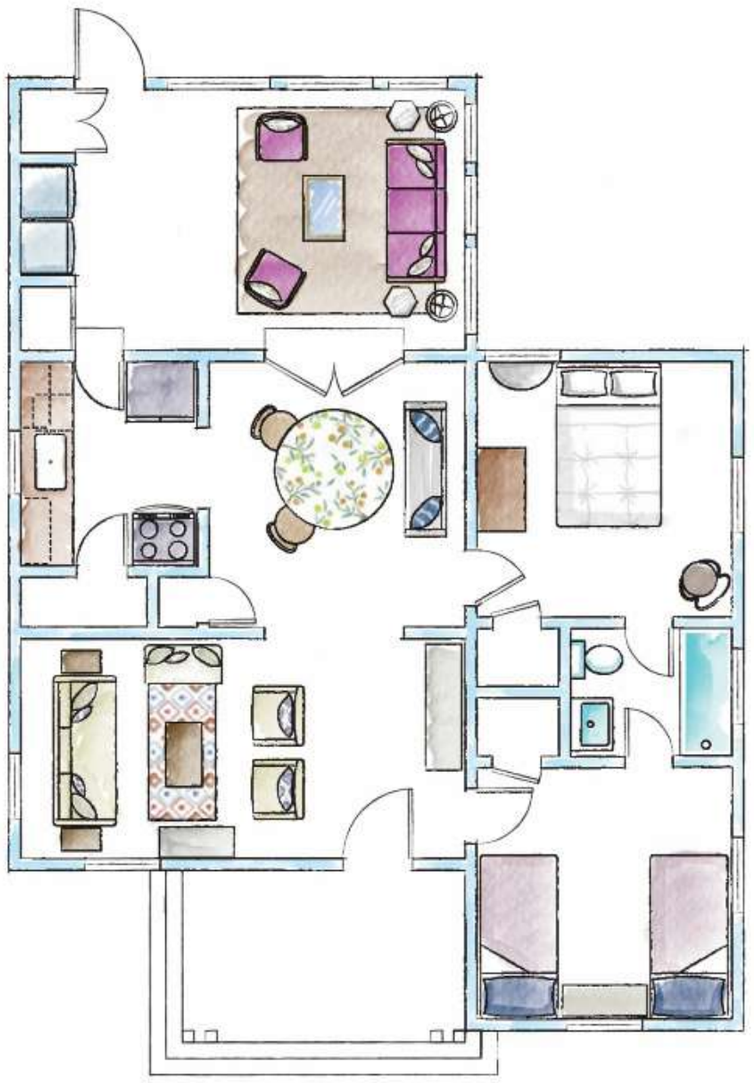


ILLUSTRATION: CHRIS GLOWACKI

BUYING INFORMATION: *BHG.com/Resources*



square-foot GARDEN

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meadow in a pot This threesome recalls a field of cheery daisies. The petals of 'Lady Godiva Yellow' calendula and white fan flowers stand out against the red-tinged chartreuse 'Molten Lava' oxalis. A pot of 'GoldDust' mecardonia extends the sunny scene. **CARE:** Water at least every other day. They like full to part sun.

STYLING: JESSICA THOMAS

BY **ELIZABETH JARDINA** PHOTOS **CARSON DOWNING** PRODUCED BY **SCOTT J. JOHNSON**



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AS PLANTS GROW, MOVE THEM TO THEIR OWN POTS AND TUCK SMALLER REPLACEMENTS INTO THE TABLETOP CONTAINER.

dry & carefree

Plant it and forget it could be the motto for this succulent planter, which thrives in heat and doesn't need frequent waterings. Mix a range of forms, including rosette-shape echeveria, spiky aloes, and trailers like burro's tail. Plant them in a sandy cactus or succulent mix. **CARE:** Water weekly at most. Full to part sun.

made for shade

A deep purple heuchera accents a collection of bright green ferns, all of which love a cool and sheltered spot. Composing a pleasing arrangement requires variety: Bird's-nest ferns have a tall strappy shape with wavy edges; a lemon button fern has teeny draping fronds; and the delicate leaflets of a maidenhair flutter in every breeze. **CARE:** Water? Keep moist. Sun? No thank you.

AT SUMMER'S END, PLANT HEUCHERA IN A SHADY SPOT IN THE GROUND. OVERWINTER FERNS INDOORS.

HAPPY TOGETHER

Simple rules keep multiplant containers flourishing in harmony.

1 GROUP PLANTS BY NEEDS

If you pair a sun-worshipping cactus with a shady forest floor native, nobody will be happy. Read plant labels and take them seriously. Hint: In well-managed garden centers, plants are often arranged by light and water needs.

2 ALWAYS SUPPLY DRAINAGE

Few plants enjoy being waterlogged. If your pot lacks drainage, drill holes yourself. (Use a regular bit for plastic, a masonry bit for clay, and a tile bit for ceramic.) For a 12- to 18-inch pot, aim for three evenly spaced ¼-inch holes.

3 DON'T SKIMP ON WATER

Soil in containers dries out more quickly than the ground, so unless you've planted succulents, water thoroughly whenever soil is dry to a couple inches. If you'll be away for a few days, place pot in deep shade and drench it with water. ■

BUYING INFORMATION: *BHG.com/Resources*

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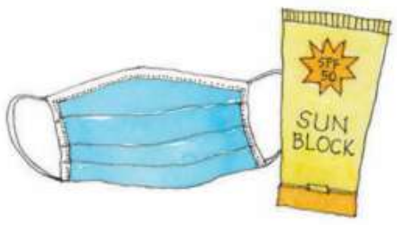
hunter gatherers

Saturday morning transforms these design aficionados into intrepid flea market explorers. They divulge their tips to get the most out of your next excursion.

[WELL-STOCKED]

MARKET GO BAG

Come prepared to wheel and deal.



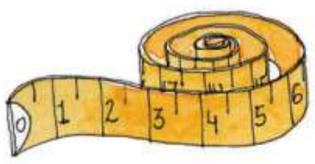
PROTECTION

Don't forget your mask. Most markets require them, and they're always a good idea. Add a hat and sunscreen for outdoor affairs.



BAG IN A BAG

Roll up an extra tote to carry small buys.



TAPE MEASURE

Determine if your find will fit your space (and into your car).



WATER AND SNACKS

Treasure hunting requires stamina.



CART

Keep a collapsible set of wheels in your trunk for rolling out heavy purchases.



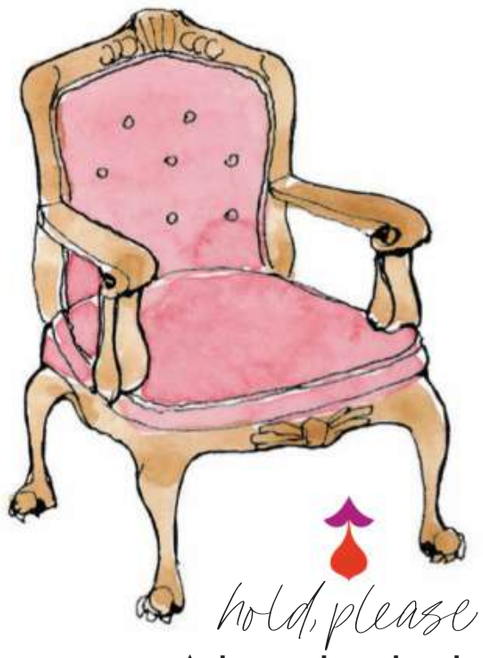
Natalie Papier, *above left*, doesn't mind when things get a little weird. She built her Charlotte interior design business, Home Ec., by catering to clients who want to introduce a playful note into otherwise traditional or modern spaces. Together with BFF and frequent design collaborator, Kim Daunis, she scours flea markets for an eclectic range of furniture and accessories that will amplify her clients' personalities. The hunt can be a bit needle in a haystack, so they stay focused on buying for quality and charming character. They took us to one of their favorite haunts, the Kane County Flea Market outside Chicago, and shared what to look for, how to bargain, and a few other pro tips that will change the way you explore your local market.

trend spotting

Caning is hot, but it's expensive to rehab damage. These stools were a triple threat: perfect condition, classic styling, and counter height (ideal for island seating).

FIELD EDITOR: JENNIFER BERNO DECLEENE

BY **KATY KIICK CONDON** PHOTOS **REBEKAH MOLLOY** ILLUSTRATIONS **RACHEL KING BIRCH**



hold, please

Ask vendors to stash large purchases for you so you don't have to lug them around. Remember to note where you left everything.





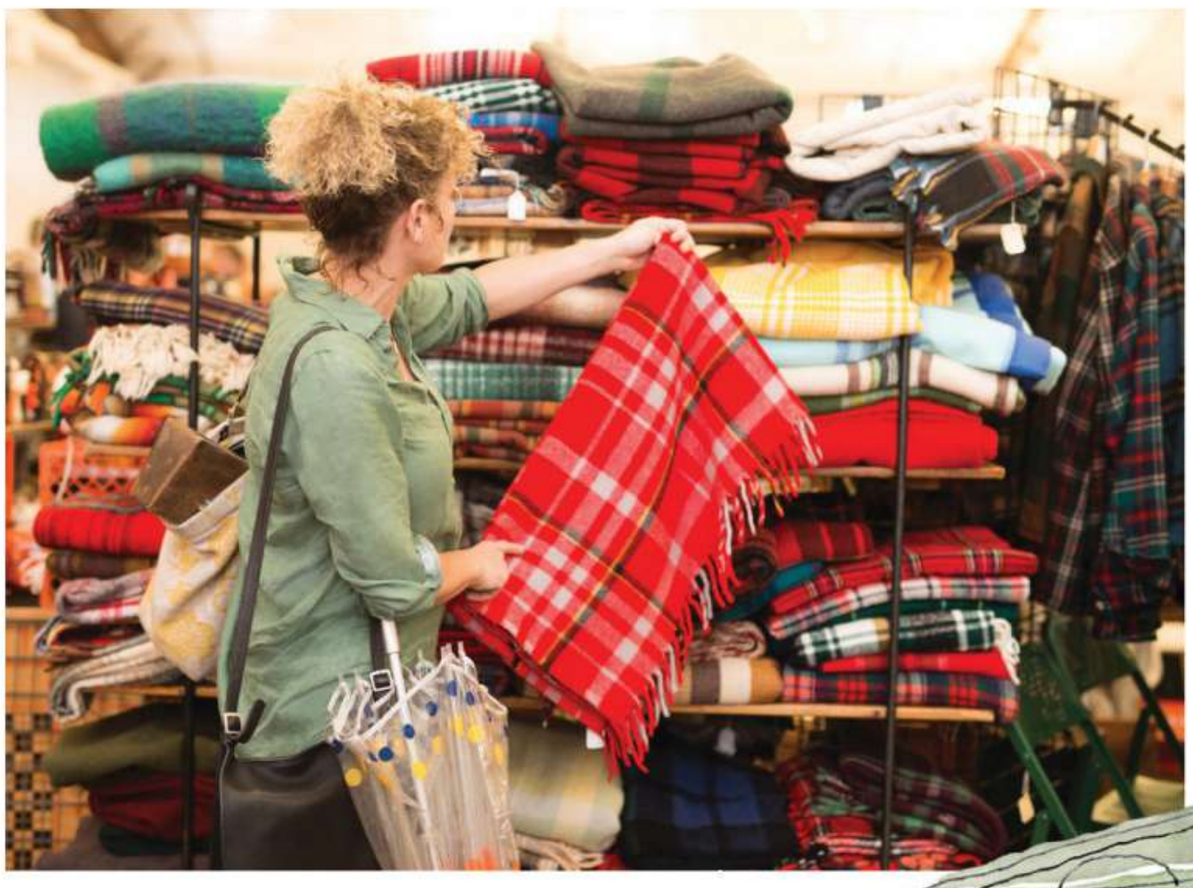
[WHERE TO START]

the middle

"We make a point not to skip any areas, but at the start of the day we bypass the beginning booths because they're the busiest. We start in the middle so we can talk to sellers and get more attention."



"BUY WHAT YOU LOVE RIGHT AWAY. THE THINGS YOU QUESTION, GO BACK AT THE END AND NEGOTIATE."



[PEP TALK]

THE ART OF HAGGLING

"Don't look at your conversations with vendors as merely transactional. You're building a relationship with someone you'll probably see again," Kim Daunis says.

Q&A

Start by chatting, asking questions, and getting the backstory on objects you like. A good story is part of the personality vintage items can bring to a home.

SHOP THE BOOTH

If you buy more than one thing, you have more leverage for bargaining.

RESEARCH

Look up what similar items are selling for online, and never pay as much as Etsy or other curated online shops are charging. Start by offering about half the online retail price.

NEGOTIATE

Vendors expect some back-and-forth. Have your goal price in mind, but always ask their price first. You never know, they may ask way less than expected.

BE PATIENT

At market close, vendors often prefer making a deal rather than carting everything home.



cash is king

Many dealers take credit cards, but some are more flexible about prices when you pay cash.

They look ferocious, but inside they're just chicken raised with **no antibiotics ever.**

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double duty

This piano bench has unusual feet. Plus, it'll work as a plant stand, something the duo always looks for, along with planters and pots.



top finds **The exit sign will be rewired for a mudroom. The trophy is on-trend brass and a ready-made talking point.**



"Like art, vintage is so personal. We try to go quirky, not creepy. You don't want guests to cringe."







green light **Jump on unique light fixtures. Rewiring is cheap and easy to do with a kit, and it's a cinch to replace bad or missing shades.**

[THE HUNT]

SHOPPING STRATEGIES

"Some people seek out certain collectibles or brands. For us, it really comes down to if something makes us happy," Natalie Papier says. From there, keep in mind their buy vs. skip rules.

TEXTILES

For rugs, some wear is good, but tears and holes aren't. Other nonstarters: stains and smells. Vintage upholstered furniture is high on their list, but it has got to be in great condition or easy to re-cover, like a bench. It can be expensive to re-cover something like a sofa.

WOOD

There's a fine line between aged and junky. Patina or a few dings are OK, but pass if something is really wobbly or has chipped veneer. Look inside drawers for dovetail joints, a sign of quality.

ALWAYS SKIP

Transformed furniture. Don't pay for someone else's idea.

ALWAYS BUY

A great-looking trunk, *far left*. Besides extra storage, they work as nightstands or coffee tables. Give them the smell test: Musty odors? Skip it. ■

PROJECT IDEAS
Get inspiration to transform, hack, or refresh finds by hovering your smartphone here.



Important facts about FANAPT® (iloperidone) tablets

PURPOSE

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

IMPORTANT SAFETY INFORMATION
BOXED WARNING:

Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt.® Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt.®

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt.® This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt.®

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt,® you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt.® Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt.®

To access the full Prescribing Information, including BOXED WARNING, visit www.Fanapt.com.

You are encouraged to report negative side effects of prescription drugs to the FDA.

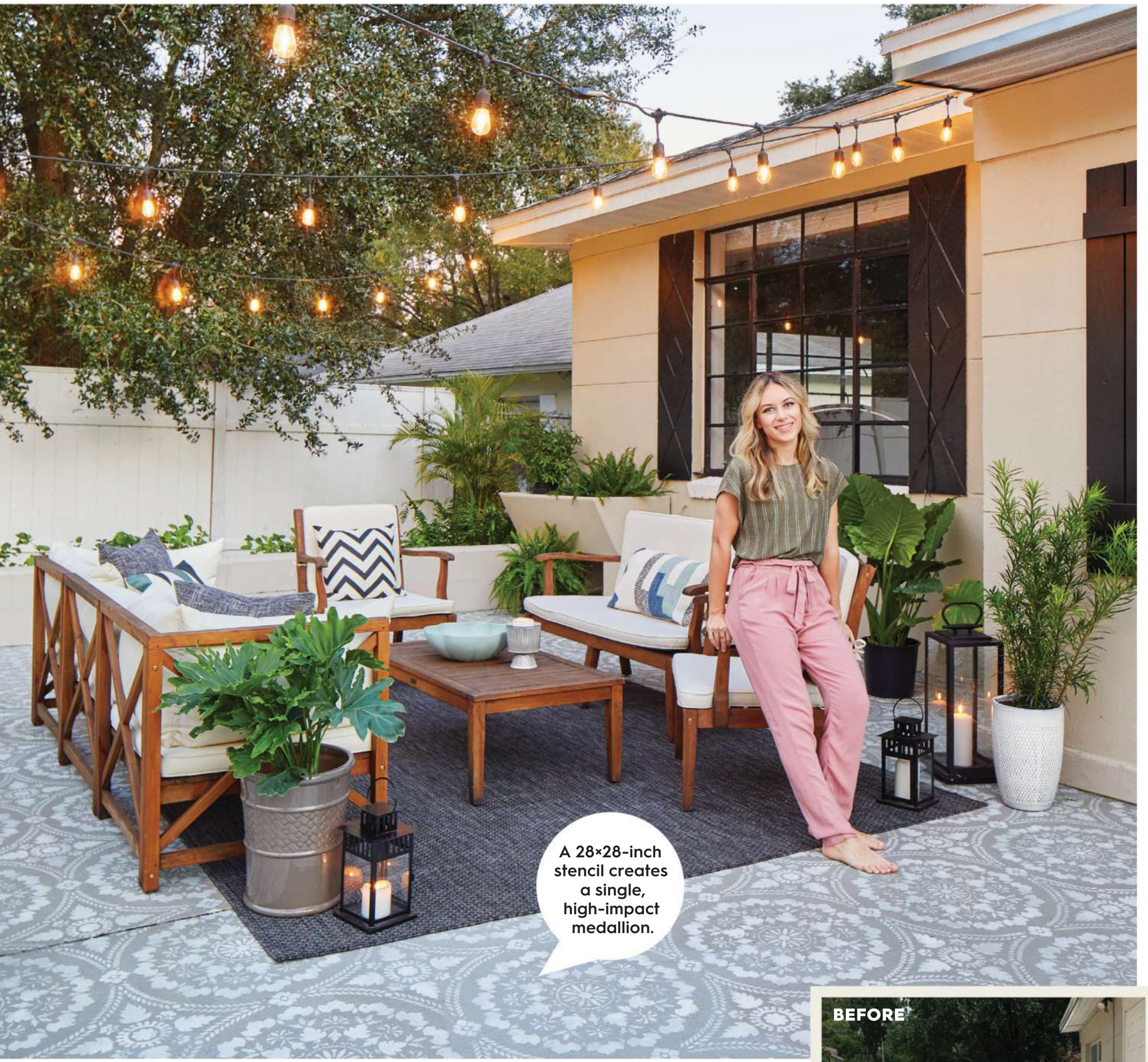
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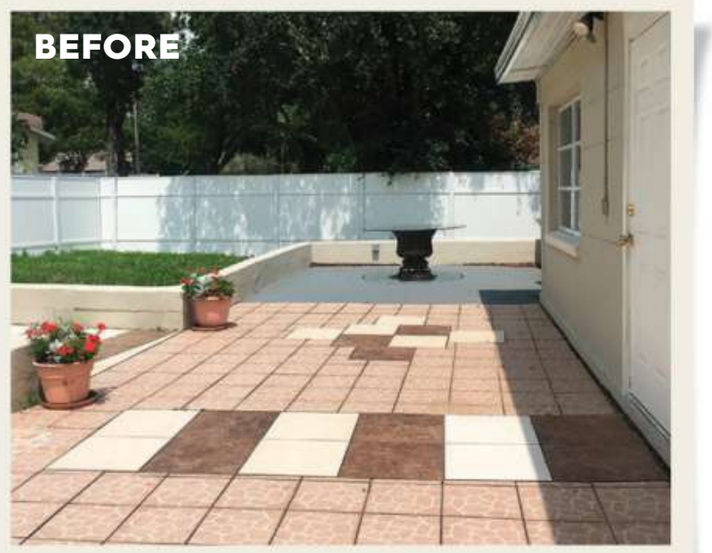
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i did it!

A seasoned home remodeler and DIYer finds a budget revamp for a drab outdoor space. Her **stenciled concrete patio** paved the way for a stylish sitting area.



As much as Jenna LeBlanc would have loved to retile the patio behind her Tampa home, she didn't want to buy 650-plus square feet of tiles. More in line with her budget was paint and a $70 stencil she had been eyeing online. So she and her husband pried up the old tiles then prepped and painted the concrete underneath. Jenna stenciled a design to mimic Moroccan tile. "There was a point a few hours in where I thought, *Wow, what was I thinking?*" she says. But after getting the hang of it, she cut her time from 25 minutes per medallion to 5 minutes, completing the stenciling in 27 hours over two weeks.



FIELD EDITOR: ANDREA CAUGHEY; PHOTO: (BEFORE) JENNA SUE DESIGN CO.

BY **JODY GARLOCK** PHOTOS **HECTOR SANCHEZ** STYLING **KENDRA SURFACE**

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WHAT SHE DID

Proper surface prep was key, Jenna says, but in the end she had to let go of precision. "The benefit of it being an outdoor space is that it doesn't have to be perfect."


1


2


3


4


5


6

YOU'LL NEED

- Liquid concrete crack seal
- Paintbrush and roller
- Outdoor paint for concrete and patios
- Large stencil (Jenna's pick: 28"×28" Mandala Fusion; *royaldesignstudio.com*)
- 3-inch stencil brush
- Paint remover (like Krud Kutter)
- Clear concrete sealer

1 PREP

Jenna removed layers of green paint under the old tiles with a power washer and putty knife then filled cracks with crack seal.

2 PAINT

After clearing debris a section at a time with a leaf blower, she painted the patio gray using a brush and a roller.

3 STENCIL

Jenna aligned the first stencil along a joint in the concrete for a built-in straight line. She secured the stencil with painters tape, dipped the stencil brush in white paint, and lightly dabbed it on a paper towel before dabbing on the stencil. A light touch created the chalky look.

4 ADJUST

Where the patio abuts a wall, Jenna flexed the stencil and taped it for ease in stenciling. Her solution for paint buildup on the stencil that can cause uneven edges: Coat the stencil with Krud Kutter and place it in a garbage bag overnight. The dried paint peels right off the next morning.

5 SEAL

Once the patio dried, Jenna rolled on two coats of sealer.

6 ADMIRE

The busy pattern masks most imperfections in the concrete and the stenciling, Jenna says.



MEET JENNA

See what projects she has been tackling on her blog, *Jenna Sue Design*.

WHY I DIY

"It's rewarding, saves a ton of money, and you learn each time you try something new."

FAVORITE TOOL

"My short angle paintbrush or my DeWalt orbital sander."

BEST WAY TO SPEND $50

"Paint is always the best bang for your buck—for just about everything. A little bit of trim also works wonders to transform flat surfaces like walls and doors."

CAN'T LIVE WITHOUT

"Podcasts or music when I'm working on a project." ■

Show us what you made

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PHOTOS: (HOW-TOS) JENNA SUE DESIGN CO.

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go with the flow

Puzzled by how to coordinate colors in your house? Follow expert **Philippa Radon's** advice and treat your house like one palette. Her method will have you flowing colors from room to room with confidence.



The first step to connecting colors between rooms is to decide on an overarching palette. Designer and color expert Philippa Radon suggests sticking to three or four main colors, taking your furnishings into consideration. You'll want to repeat those colors in each room in different tones, proportions, and placements. "I call it a golden thread, and that thread weaves through every space," she says. For example, if blue walls dominate one room, repeat blue in small ways in neighboring rooms, like a sky blue ceiling or a navy sofa. On the next two pages Radon shows us how to do this with blues, greens, and yellows.

SIGHT LINES

When you can see one room from another, vary colors as Frances Merrill of Reath Designs did with these blues and purples. "You want to have a through line of color, but not be too matchy," she says.

BY **MONIKA BIEGLER EYERS** PHOTO **LAURE JOLIET**

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Try a burst of color in tucked-away places, such as a powder room ceiling. "It's like a great lining in a coat," Radon says.

[PRO PICKS]

TONAL SHIFTS

Radon created a whole-house palette that feels soothing and cohesive by carrying blues and blue-inflected greens throughout. Peppered with neutrals and a dash of contrast, the mix builds complexity.

1 LIGHT BLUE
Soft blue bridges light neutrals and rich blues in adjoining rooms.

2 NEUTRAL
A warm cream room shifts seamlessly from a soft blue one because both colors have the same value. "One is not lighter or darker than the other," Radon says.

3 DARKER BLUES
Take blue "from a light version in one room to three and five shades darker on walls and trim in another," she says.

4 GREEN TONES
Saturated greens harmonize with nearby blues because they're color wheel neighbors. Gray's cool undertones pick up the greens and blues.

5 ACCENTS
Teal blends blue and green without directly repeating either. A deep yellow accent picks up teal's warm undertones as well as the yellow base of the cream.



PORTRAIT: DAVE JAROSZ

COLOR DECODED

Philippa Radon's tips for zeroing in on your core color palette.

TAKE STOCK

Consider colors that jibe with your existing furnishings. A colorful armchair or a multicolor rug can be the springboard for your entire palette.

ROUND OUT THE ARRAY

Include a harmonizing tone, a complementary tone, and a neutral. For example, blue harmonizes with green (*left*), yellow contrasts them both, and neutrals calm.

CONSIDER VALUE

"Imagine a scale of 1 to 10, with 1 being light and 10 being dark," Radon says. Using the same value of different colors between rooms makes a home feel varied but balanced; using different values of the same color between rooms creates depth.

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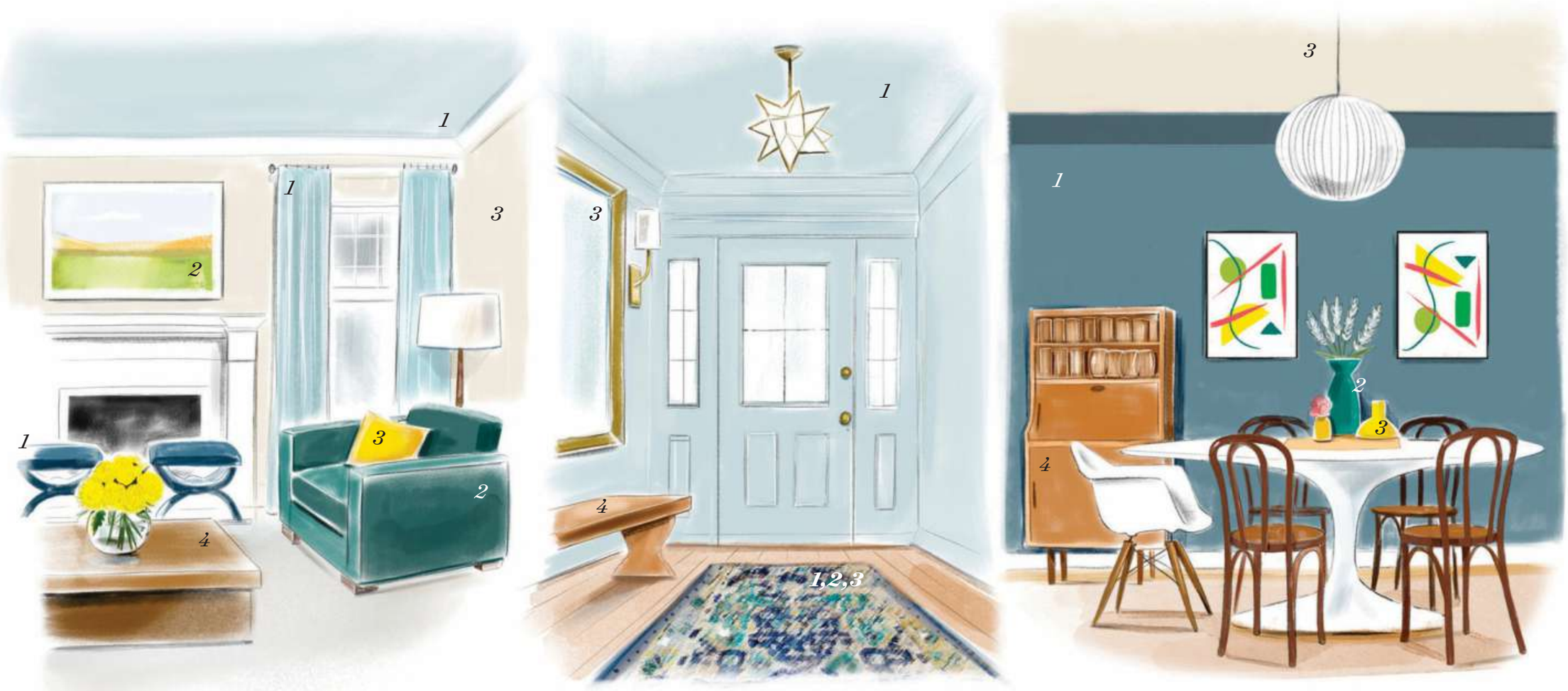
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Palette in action

Thinking of your house like a color-by-numbers canvas can help you visualize how to apply a scheme. We used Radon's palette as an example here.

1 BLUES

Light blue sets a refreshing tone in the entry and draws the eye up and out windows in the living room. In the dining room, darker blues on walls and trim feel cozier for a space used mostly at night.

2 GREENS

The cool tones of a deep green armchair in the living room and oversize vase in the dining room link to the blues. Bright, vibrant green in artwork enhances the palette with a subtle shift in tone.

3 YELLOW TONES

Cream with a yellow base creates a softer transition from blue than white would on the living room walls and dining room ceiling. Accents in rich yellow and brass build variety and warmth.

4 NEUTRALS

Wood tones provide another consistent thread through each space: on the living room coffee table, entry bench, and dining chairs and hutch. Splashes of white punctuate the living and dining rooms.

GET TO KNOW THE COLOR WHEEL

Not sure how to round out your palette? This staple decorator's tool can help. Start with the main color you'll carry through your house, then use the wheel to identify pairings that work well together. Those that are side by side harmonize; opposites are complementary and create pleasing contrast.







RULE OF THUMB

Use the 60:30:10 ratio as your guide: Apply the main color to 60 percent of a room, one accent color to 30 percent, and another to 10 percent. Reverse the proportions in the next room, i.e., the main color as the smallest percentage.

ONE AND DONE

Monochromatic palettes are more interesting when you mix in accent pieces that have undertones of neighboring colors. Yellow, for example, feels complex with accessories that veer toward orange, like marigold, or toward green, like chartreuse. ■

ILLUSTRATIONS: LUCY TRUMAN; INTERIOR DESIGN INSPIRED BY (LIVING ROOM) ERIKA BONNELL, (ENTRY) JULIE HOLLOWAY, (DINING ROOM) GINNY MACDONALD

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the dirt

Pest control: Don't panic. There are simple, safe ways to handle troublesome insects in your garden.

Avoiding major pest damage starts with creating a resilient garden. Give your plants fertile soil full of organic matter; avoid drought stress with careful watering; and create a diverse environment that's friendly to birds and bees. Your garden will be healthier and more vigorous so better able to fend off pests and disease.

It's also worth remembering that not every bug you spot is one to worry about. Some insects may be beneficial, consuming the pests preying on our plants. Others may be pollinating or drinking nectar. Wait and keep an eye out for major damage before reacting, and be willing to tolerate a few troublemakers.

If pest insects do appear in destructive numbers, consider holding off on pesticides. They can be toxic to wildlife and pets, and even pesticides labeled *natural* or *organic* tend to be indiscriminate, killing beneficial insects along with the destructive ones. Plus, some pest insects develop a resistance to pesticides over time. Instead, when it's time to fight back, try a different approach: mechanical methods (see next page) that leave nature's web intact.

FAMILIAR FOES



STRIPED CUCUMBER BEETLES
Larvae and adults feed on cucumber and melon plants, plus spread plant diseases.



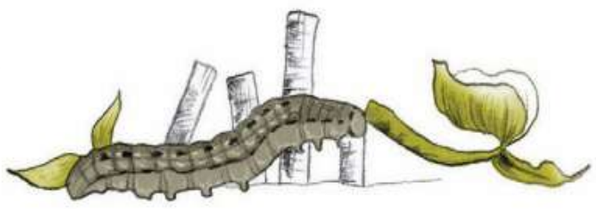
APHIDS
Look for masses of tiny bodies and chewed or distorted leaves.



JAPANESE BEETLES
Handsome but annoyingly fond of hundreds of plants. The grubs kill turfgrass.



CABBAGE WORMS
White butterflies lay eggs on brassicas. Tiny green worms hatch and eat the leaves.



CUTWORMS
At night, the caterpillars sever young plant stems while feeding; by day, they hide in soil.



Bulbous pink larvae of the Colorado potato beetle hatch from eggs on the leaves then pupate in the soil.

The yellow striped adults emerge from the soil then mate and voraciously eat leaves of potatoes and other nightshades.

ILLUSTRATOR AGENT: MAGNET REPS

BY **BARBARA DAMROSCH** ILLUSTRATIONS **LA SCARLATTE**

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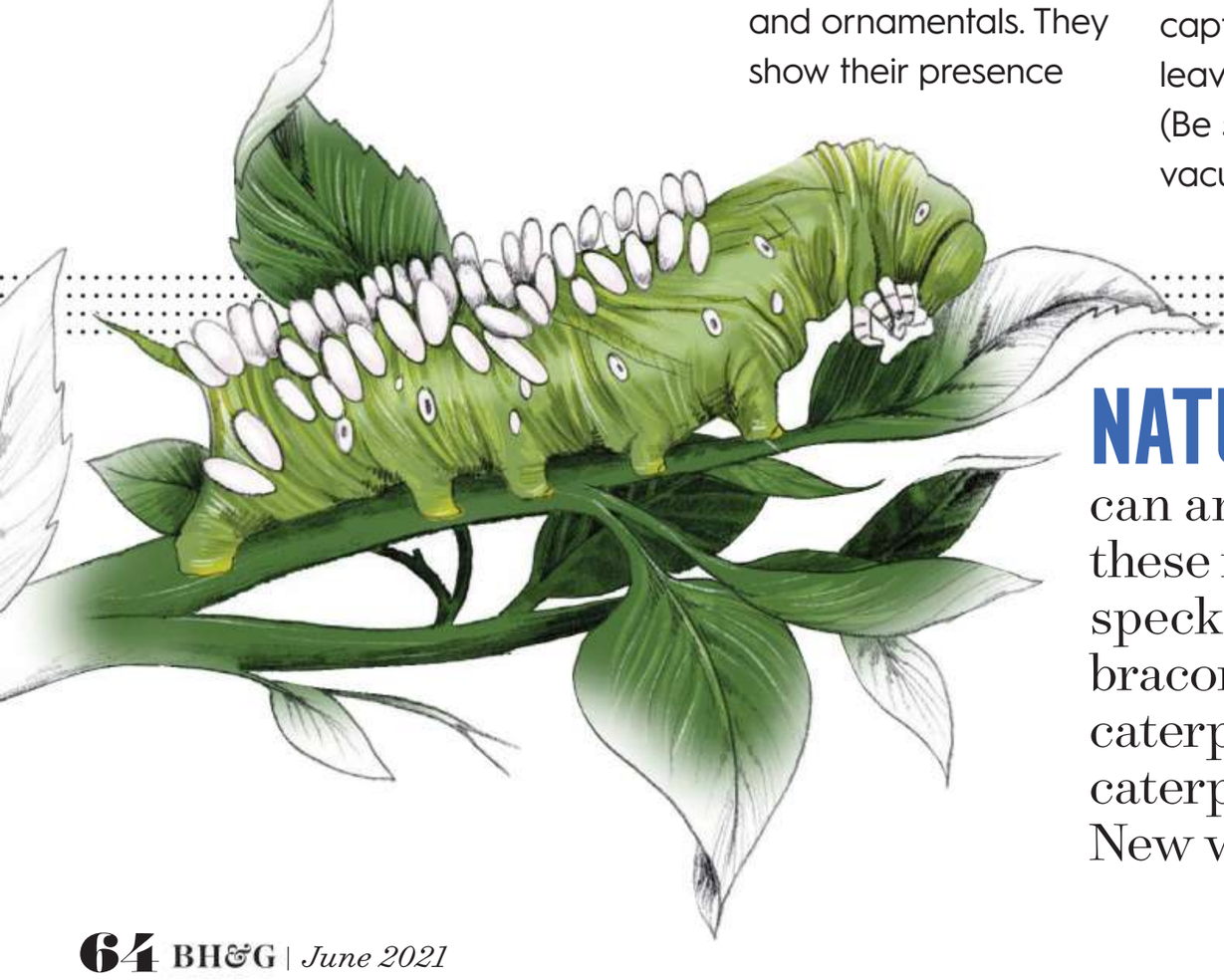
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keep in mind

There are no good bugs or bad bugs, only situations. Earwigs, for example, might eat your zinnias, but they also eat aphids, mites, and other pests. While deterring pests, try to disturb the natural order as little as possible.





[STRATEGIES]

BUGS BE GONE

These simple physical acts may not wipe out your plant predators but, if used persistently, will keep populations low enough to tolerate.

1 REMOVE BY HAND

Many pest insects can be removed by hand in their adult and larval stages. Even egg masses can be scraped off leaves. Drown pests by dropping them into a bucket of water and a squirt of dish detergent. This method works best on ones that hold still, like Japanese beetles. Caterpillar-filled webs can be cut out of trees. Cutworms often can be found by wiggling a finger shallowly in the soil around the young plants they threaten.

2 HOSE THEM OFF

Some pests are tiny and numerous, like aphids, or nearly invisible like mites. Mites (which are technically relatives of spiders, not insects) affect both edibles and ornamentals. They show their presence with stippled, yellowed or dead leaves, and sometimes webs. Both aphids and mites weaken or kill plants by sucking their nutrient-rich sap. To get rid of them, spray with a garden hose forcefully enough to kill or dislodge them but gently enough that you don't harm the plant. Repeat hosing whenever you see them in destructive numbers.

3 SUCK THEM UP

A vacuum cleaner may seem like an odd garden tool, but suction from a standard shop vac will remove insects like potato beetles, especially if you have large plantings and little time for handpicking. Use the narrow slot attachment, which is more gentle than an open hose; it will capture bugs but leave foliage behind. (Be sure to empty the vacuum bag into the trash promptly.) This trick works well on pests that don't sit still, such as leafhoppers, cucumber beetles, squash beetles, and flea beetles. For best results, vacuum early in the day when bugs are sluggish from the dew.

4 CREATE A BARRIER

Protect transplants that are not tough enough to fend off nibblers by covering them with a floating row cover. Brands such as Gro-guard and Agribon sell sheets of row cover made of white, spunbonded synthetic material that lets in air, light, and water but excludes insects—as long as none have overwintered in the soil. Held down at the sides with sandbags, stones, or bricks, the covers protect beds from egg-laying carrot rust flies, cabbage butterflies, squash vine borers, and others. It's usually most needed when plants are small and vulnerable, but with bad infestations, you might keep it on for the life of the plant. Remove periodically for weeding or permanently if it's a crop that requires insect pollination, like squash. For a barrier against cutworms, sink a bottomless plastic cup a half inch into the soil around each plant.

5 PLANT SMARTLY

Planting vegetables in a new spot each year foils overwintered pests. You can also time plantings to minimize infestations of pests like flea beetles and cabbage worms. Brassicas such as arugula and broccoli, for example, are less bothered by these insects when planted in fall's cooler temps than they would be earlier in the season.

NATURE TO THE RESCUE Tomato hornworms can annihilate nightshades. But if you spot one of these fat green caterpillars covered in white, rice-shape specks, leave it be. The specks are the cocoons of braconid wasps. The parasitic wasps lay eggs inside a caterpillar; once they hatch, the larvae devour the caterpillar from within then spin cocoons on its back. New wasps soon emerge to defeat other hornworms. ■

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1½ tsp. **GOYA® Minced Garlic**

1 bunch green onions, sliced

¼ tsp. ginger, chopped

4 eggs, large

½ cup **GOYA® Frozen Peas**

2 tbsp. soy sauce

1 tsp. sesame oil

For step-by-step instructions, visit goya.com/friedrice

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No fumes, no hassle, just plenty of power. Tool expert, journalist, and chain saw pro **Michael Springer** walks newbies through the perks of battery-operated outdoor tools.

Gas-powered yard tools have a reputation for being the only option tough enough for serious jobs. But that power comes at a cost: You have to handle gas and oil and breathe exhaust fumes, all while you (and your neighbors) endure roaring engines. Rechargeable battery technology has become extremely powerful. Plus, it's greener and quieter, and it doesn't require annual engine maintenance. Pop in the battery and turn it on.

BATTERY BASICS Brands develop lines of tools powered by the same battery pack, so after you've invested in a charger and a few batteries, you can buy additional tools sans battery—a money-saver.

TOOL OPTIONS Look for a line that has all the yard tools you'll likely want. If you already have cordless power tools (a drill, circular saw, etc.), start there. Some major brands offer a line using compatible batteries. We've picked common starter tools from some trusted brands, *opposite*.

PRO TIP Batteries will charge faster and run longer if you keep them away from temperature extremes, especially heat. Store batteries and chargers indoors.



Snapper 82V Hedge Trimmer, $170

Some string trimmers can handle attachments like blowers, cultivators, or edgers.

Ryobi 40V Expand-It String Trimmer, $199

Stihl MSA 140 C-BQ 12" Chainsaw, $350

Echo 58V Cordless Blower, $278

Battery tools like blowers are often quieter than gas counterparts. Look for decibels below 65.

Ego 56V Power+ Select Cut 21" Self-Propelled Mower, $599

Glossary *Making sense of product labels and sales-speak.*

- **VOLT (V)** Some batteries are marketed by "max" volts, a shorthand for power. Don't get hung up on small voltage differences, though; most batteries actually run tools at their voltage class of 18V, 36V, 54V, or 72V.
- **AMP HOUR (Ah)** Storage capacity. Use Ah to compare batteries of the same voltage. A 4.0 Ah pack, for instance, can run twice as long as a 2.0 Ah pack because it contains twice the battery cells.
- **WATT HOUR (Wh)** V times Ah. It's a measure of how much energy is in the tank and a helpful equation for comparing brands. A 36V, 4.0 Ah pack and a 72V, 2.0 Ah pack have the same 144 Wh storage capacity. ■

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SHAVED SALADS

For summertime salads that are tender and layered, use your sharpest tools to slice, shave, and shred the veggies from your farmers market haul. Just the way you cut a vegetable can change the way you experience its texture. The lemon in this pleasantly acidic vinaigrette practically "cooks" ribbons of zucchini and summer squash so they're nearly as crisp-tender as if sautéed. Fresh corn and tomatoes shout, summer has arrived.



zucchini, summer squash & chicken salad

RECIPES BEGIN ON PAGE 105.

FOOD STYLING: GREG LUNA

BY **TARA BENCH** PHOTOS **CARSON DOWNING**

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julienned snow peas, celery & radish salad Combine slivers of crunchy veggies with lacy slices of mildly bitter endive, nutty Manchego cheese, and Marcona almonds. When you slice and shave ingredients into thinner pieces, you can layer more flavors into a single bite. One of the classic ways to serve shaved salads is to compose them with each ingredient in an artful pile.

[SALAD TOOLS]

STAY SHARP

Keep these veggie prep tools handy in your utensil drawer.



MANDOLINE

This compact, handheld version makes quick work of shaving a pile of produce. Kyocera Ceramic Mandoline, $20; *cutlery.kyocera.com*



VEGGIE PEELERS

Use these staples to make long ribbons of carrots, cucumbers, and tender squash. OXO Peeler Set, $20; *oxo.com*



SANTOKU

The Japanese cousin of a chef's knife, the santoku has a thinner blade with a more squared-off tip. The divots in this model help food release as you work. For a veggie that has a tendency to roll, cut a slab off the long side to stabilize it. Classic 5" Santoku, $70; *globalcutlery usa.com*

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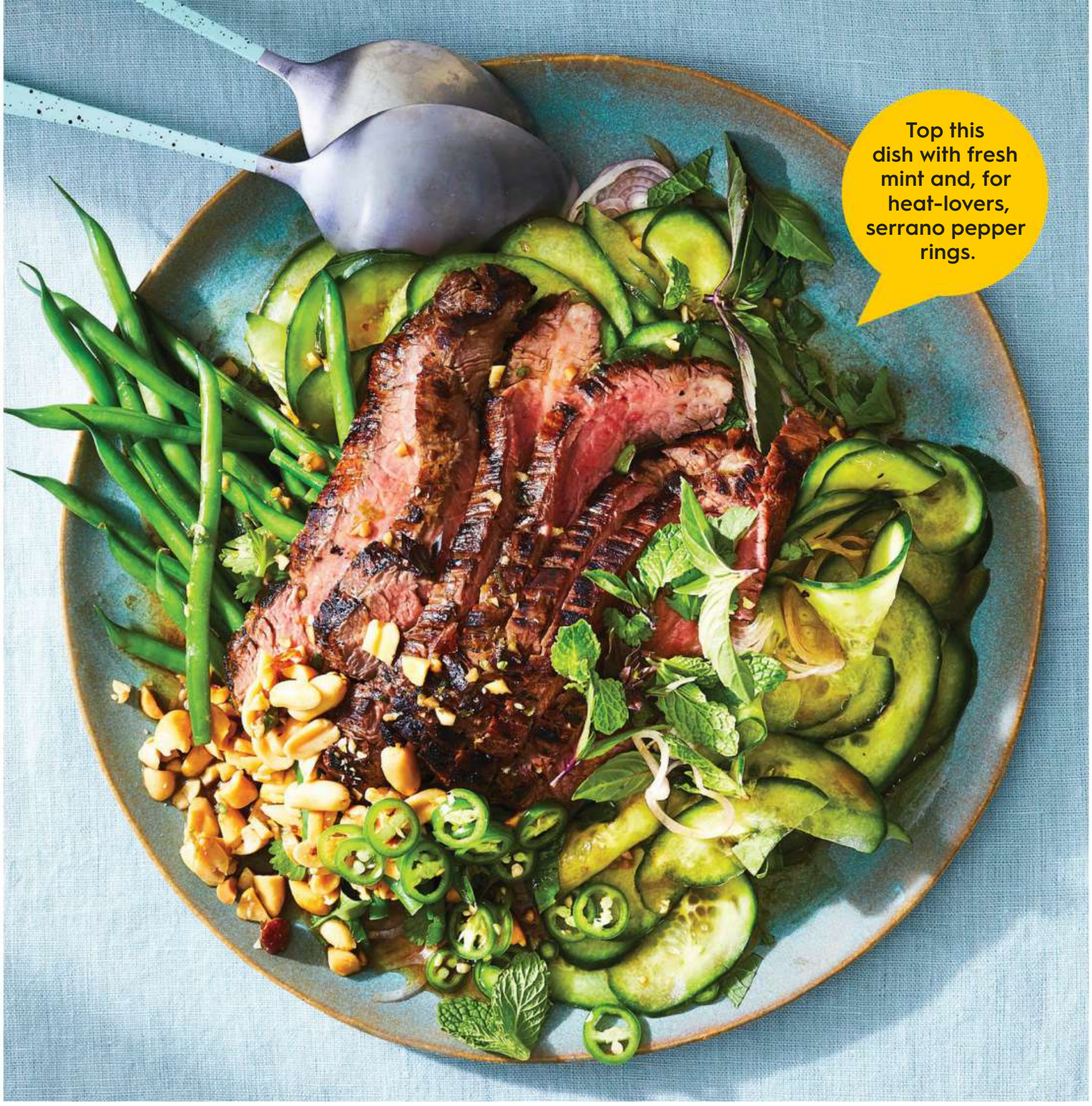
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Thai-inspired beef & cucumber salad

A vibrant mixture of lime juice, fish sauce, soy sauce, and sesame oil serves as both flank steak marinade and salad vinaigrette. Ribbons of cucumber soak up the citrusy vinaigrette, and their texture is a foil to the crunch of blanched haricots verts (or green beans), peanuts, and raw shallot. If you swap out the flank steak for chicken or shrimp, reduce marinating time to 30 minutes.





shaved fennel & fingerling potato salad

Creamy potato salad is a barbecue staple, but if there's room for another rendition, try this fresh take on German potato salad. Fennel—the licorice-flavor root usually reserved for roasting or braising—proves its versatility in this salad. Feathery slices of crunchy raw fennel contrast with creamy boiled fingerling potatoes. Finish the salad with julienned bell pepper, green onions, parsley, and the Dijon-forward vinaigrette.

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melon, peach & prosciutto salad

Reinvent the classic melon and prosciutto appetizer as a summer salad. Use a mandoline or a peeler to slice melon (and a sharp knife to cut ripe stone fruit) into thin planks for the fennel seed-flecked dressing to cling to. Pile the mix on plates with peppery arugula, salty prosciutto, and shredded Gouda. ■



WARNING

NEW CRACKER BARREL SHREDDED CHEESE MAY INHIBIT YOUR ABILITY TO ENJOY OTHER CHEESES.

SPRINKLE CAUTIOUSLY. Cracker Barrel Shredded Cheese is not for the faint of tongue. Known side effects include shocks of deliciousness, grateful taste buds, and an elevated sense of sophistication. SOME HAVE NOTED THAT CRACKER BARREL SHREDDED CHEESE LOOKS PHOTOSHOPPED. Some are wrong. Each shred is as long and thick as it appears here. While this shredded cheese is richer, creamier, and more decadent than other cheeses, it's still cheese, so USE CARE WHEN HOT. Cracker Barrel Shredded Cheese is thick-cut and therefore heavy. DO NOT LIFT WITH YOUR BACK. Remember, not all cheese is created equal.

CHEESE WISELY

power-up muffins

Come for the bittersweet chocolate and dried cherries; stay for the healthy serving of oats, nut butter, and yogurt that will keep you going all morning.



CHOCOLATE-CHERRY MUFFINS

HANDS-ON TIME 20 min.
TOTAL TIME 40 min.

- ⅔ cup all-purpose flour
- ⅔ cup whole wheat flour
- ¾ cup plus 2 Tbsp. regular rolled oats
- ¼ cup packed brown sugar
- 1½ tsp. baking powder
- ½ tsp. baking soda
- 2 eggs
- 1½ cups plain Greek yogurt
- ¼ cup almond butter or peanut butter
- ¼ cup canola oil
- ½ cup dried tart red cherries, chopped
- ⅓ cup chopped bittersweet chocolate
- 1 Tbsp. sesame seeds, poppy seeds, and/or flaxseeds

1. Preheat oven to 400°F. Line twelve 2½-inch muffin cups with paper bake cups. In a large bowl stir together all-purpose flour, whole wheat flour, ¾ cup of the oats, the brown sugar, baking powder, baking soda, and ½ tsp. *salt.* In another bowl whisk together eggs, yogurt, almond butter, and oil. Add yogurt mixture all at once to flour mixture. Stir just until moistened. Fold in cherries and chocolate.

2. Spoon batter into muffin cups. In a small bowl stir together remaining 2 Tbsp. oats and the seeds. Sprinkle oat mixture over batter.

3. Bake 15 to 18 minutes or until golden. Cool in muffin cups on a wire rack 5 minutes. Serve warm. Makes 12 muffins.

EACH MUFFIN *242 cal, 11 g fat (2 g sat fat), 34 mg chol, 247 mg sodium, 29 g carb, 3 g fiber, 12 g sugars, 8 g pro* ■

BAKE AHEAD Store cooled muffins in an airtight container 3 days at room temperature, or freeze up to 3 months.

FOOD STYLING: GREG LUNA

PHOTO **CARSON DOWNING** RECIPE BY **COLLEEN WEEDEN**

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PHOTOS
NATHAN KIRKMAN

A blue sconce (Urban Barn from Lamps Plus) packs personality into the narrow space.

secrets of re-deck

BROAD STROKES

The deck spans nearly the whole yard, so I wanted to make the most of it. We divided the long space into a living area on the upper deck and a dining area on the lower deck. (The stackable chairs are Hooper by Safavieh.)

The rugs look like woven jute but they're actually super-durable polypropylene (Ashen from Rugs USA).

-orating

STYLIST JENNIFER DECLEENE SHARES THE DESIGN TRICKS, EASY DIY PROJECTS, AND SIMPLE ADD-ONS THAT MAKE UP HER PHOTO-READY OUTDOOR SPACE.



AVOID GAPS

The deck narrows in the center, so we created a secondary seating area by pushing a red Brusen love seat from IKEA against the wall and loading it with a new cushion and some mismatched pillows. On either side, we placed a hibiscus topiary in a groovy pot from Home Depot. I added the creeping Jenny to the pots—my go-to for tying all my planters together.

CREATE FLEXIBILITY

We pushed together a pair of dining tables to create a large square that can seat eight and suits the size of the deck. We had a smaller table with an umbrella in the center, *below,* which always bugged me because I couldn't use a proper tablecloth (#stylistproblems). The area is mostly shaded, so we ditched the umbrella, and I'm free to set the table with abandon now.



BEFORE

It's such a cliché to say that Chicagoans live for summer. But after the double whammy of winter and quarantine, it's never felt so true. When my husband, Mike, and I bought our house in 2016, we had big dreams for the backyard, but first we needed to tackle more pressing projects like new windows and plumbing repairs. We bought some basic outdoor furniture that worked fine, but it didn't have much character. Then 2020 rolled around and we committed to staying home, so I focused all my creative energy on the deck, dreaming of brighter days ahead.

The house is gray, so I had lots of freedom with my palette. I repeated a combo of red, yellow, aqua, and navy in each section and sprinkled around potted plants in a mix of containers. (I actually had to be restrained from adding more.)



diy

herb cart

I rough-cut landscape fabric to line an IKEA utility cart's mesh trays, planted six small plants per level, and filled in with dirt. I pulled up the too-long fabric sides and used a razor to cut them down ¼ inch below the tray tops. An S hook keeps a pair of snips handy.

We stained the deck with Benjamin Moore Arborcoat in a shade matched to the siding.

Our affordable border: hostas transplanted from elsewhere in the yard.

“When people come over, this bad boy transforms into a bar quicker than you can say ‘gin and tonic.’”

The towel bar was made with cast-iron pipe and fittings from the hardware store.



CONNECT WITH INSIDE

The window is high, so we needed two shelves: A 10-inch pass-through ledge beneath the window and a 20-inch-wide bar-height counter. A yellow awning (San Francisco by Awntech) and stools (Kipnuk by Safavieh) complete "Bistro DeCleene." When not in use, the grill still fits underneath, *below*.



BUILD IN EXTRA USES

Sure, we occasionally pot a plant here. But when people come over, the potting bench (Camrose Farmhouse, BH&G Collection® for Walmart) serves as a bar. We tricked it out with a bottle opener screwed onto the side, some S hooks on the lattice back, and a towel bar. Up top, we serve Mike's big-batch lemonade with a choice of spirits; below is a beverage bin for kids.

diy

counter

To help the pine and cedar counter withstand Chicago weather, we filled drill holes with epoxy and coated the wood with primer, exterior paint, and water-repelling spar urethane.



Benjamin Moore Palladian Blue is my fave. I used it on interior doors and this one outside.

Mike attached wood posts to the railing and crisscrossed café lights from the roofline.

> The striped outdoor pouf set the tone for my accessories' sweet candy color palette.



MIX NEW AND OLD

We got the teak sofas from World Market when we first moved in, and the frames were still in great shape, so I had the cushions re-covered with new outdoor fabric. (It's the same print as on the red bench, but in navy.) A $15 pair of vintage rattan chairs from The Salvation Army got new cushions too. The plastic coffee table from Wayfair has a perforated top, so it dries quickly after rain.

diy

stenciled pillows

Before sewing, I used stencils and Tulip brand outdoor upholstery spray paint to add stars right where I wanted them. To prevent overspray, I taped off any exposed fabric. ■

BUYING INFORMATION: *BHG.com/Resources*

PARADISE GRILLED

ESCAPING TO THE ISLANDS HAS NEVER BEEN EASIER. TROPICAL FLAVORS—MANGO, GUAVA, PASSION FRUIT—ARE AS CLOSE AS YOUR GROCERY STORE. INVITE THE WHOLE BUNCH TO YOUR NEXT BACKYARD BBQ.

BY **LEAH ESKIN** PHOTOS **CARSON DOWNING** STYLING **STEPHANIE HUNTER**
RECIPES BY **CHARLIE WORTHINGTON** FOOD STYLING **KELSEY MOYLAN**

SWEET AND SPICY MANGO-SAUCED RIBS WITH SMOKY SLAW

Grab the tongs, recline the lawn chair all the way, and let these spice-rubbed pork ribs grill low and slow for a couple of lazy hours. Cook fresh mangoes down into a lightly sweet sauce, and toss a few more on the grill to go in the red cabbage slaw.

mango

The skin can be vibrant green, red, and/or yellow; texture indicates ripeness.

SWEET AND SPICY MANGO-SAUCED RIBS WITH SMOKY SLAW

PASSION FRUIT SHRIMP & SCALLOP SKEWERS

As the base for a marinade and grilling sauce, passion fruit's puckery tartness—think mango and pineapple with a slightly sour kick—is an ideal complement to rich, buttery shellfish. Reserve some sauce to stir into mayo for a quick postgrill dip.

PASSION FRUIT SHRIMP & SCALLOP SKEWERS

passion fruit

Frozen pulp is a convenient way to keep this flavor on hand.

GRAPEFRUIT-GUAVA FRUIT PUNCH

Spoon a little grenadine or cherry juice over each glass to give this mocktail punch the colorful layers of a summer sunset. If you like, add a splash of smoky mezcal and a paper umbrella.

TAMARIND BBQ CHICKEN

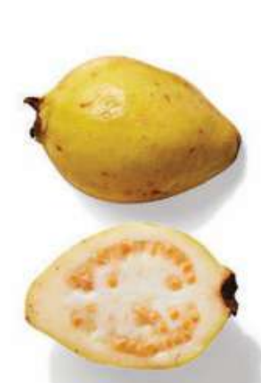
Bright, acidic tamarind paste takes BBQ sauce tropical. Standing in for the molasses of a traditional sauce, tamarind, along with soy sauce and rice vinegar, gives this version a distinctly tangy, umami flavor. Serve alongside coconut basmati rice with charred green onions.

TAMARIND BBQ CHICKEN

coconut

Coconut milk in the water is the secret to this flavorful rice.

FRUIT BASKET



GUAVA

Guavas may have green or yellow skin with white, yellow, pink, or red insides. But all flaunt a sweet floral flavor. Rich in pectin, it's ideal for jams and jellies.



MANZANO BANANAS

Smaller than regular bananas, this variety tastes of apples and strawberries. They're ripe when the peel turns yellow with black spots.



PASSION FRUIT

The highly aromatic fruit is ripe when its tough skin is wrinkly. Split the fruit open and scoop out the sweet-tart pulp along with the edible seeds.



PAPAYA

Its orange flesh has a texture like ripe melon with flavor notes of carrot and cantaloupe. The tiny seeds look and taste like black peppercorns.



TAMARIND PODS

Though you may find fresh pods in Indian or Asian groceries, you're most likely to find the sweet-sour paste in the condiment aisle.

FRUIT PROVIDED BY MELISSA'S PRODUCE

GRILLED BANANAS AND PINEAPPLE WITH COCONUT-CARAMEL SAUCE

GRILLED BANANAS AND PINEAPPLE WITH COCONUT-CARAMEL SAUCE

Brush melted butter and sugar onto banana and pineapple, then caramelize them with a quick sear on the grill. Spoon them over (purchased) coconut ice cream, and top it all with a coconut milk-and-dulce de leche sauce. ■

For continuity, Juliet Hubbard repeated clouds of blue 'Walker's Low' catmint along a winding path from the front of the house to other garden spaces.

Green legacy

TACKLING A CENTURY-OLD PROPERTY IN CONNECTICUT, A GARDENER MARRIES THE BEST OF THE PAST WITH HER OWN FRESH AND THRIFTY IDEAS.

WRITTEN AND PRODUCED BY **TOVAH MARTIN**
PHOTOS **KINDRA CLINEFF**

The Cornwall, CT, garden was steeped in history. Since the early-20th century, three generations of the Hubbard family had worked on the 1-acre property, creating chorus lines of heirloom irises, peonies, daylilies, and lady's mantles.

Then, 15 years ago, John and Juliet Hubbard arrived.

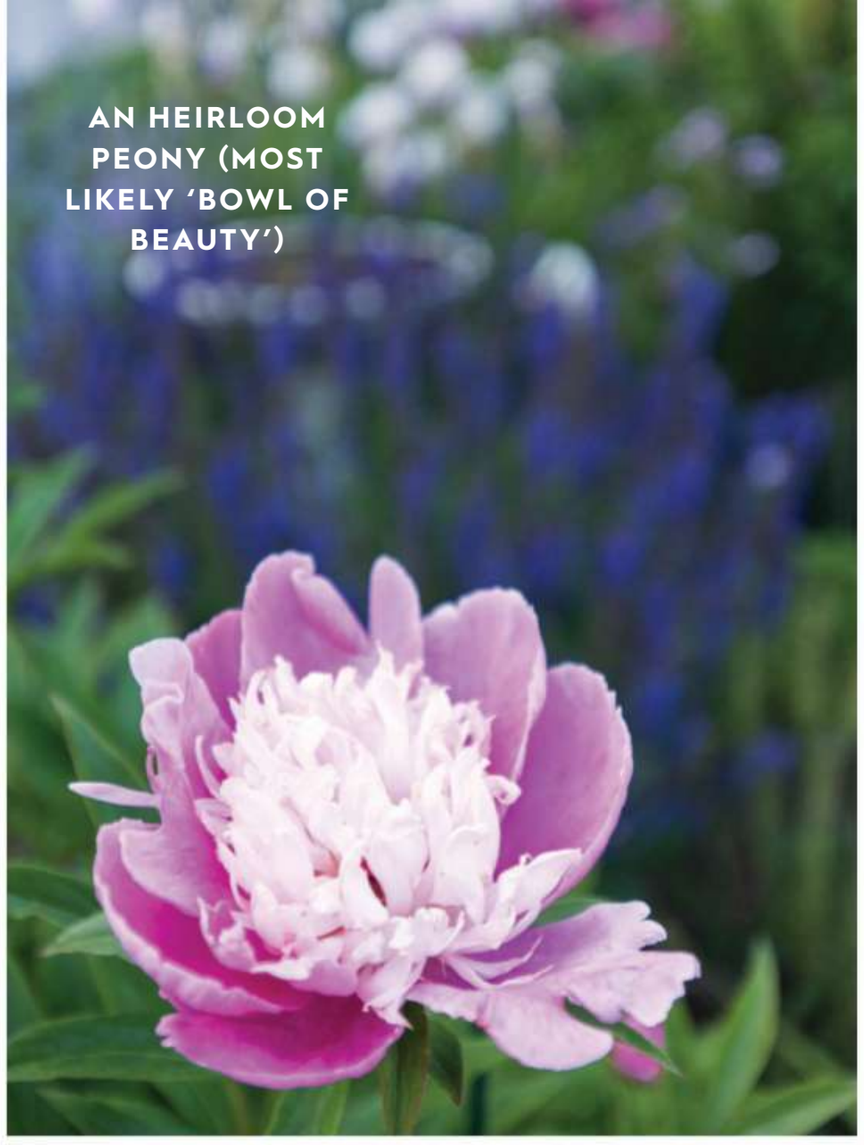
Formerly a native plant curator at the New York Botanical Garden and a nursery owner, Juliet came to Cornwall with ample garden experience and design ideas. Although the rows of mono plantings weren't quite her style, she respected the link to her husband's family history. "There's an ongoing pulse here," she says. "It's a garden that celebrates the life of the people who created it."

Juliet and John found a way to keep that history alive while making the landscape their own. After clearing grass that had invaded age-old peonies, irises, and daylilies, the couple found that the root systems of those senior plants were immense, which would make many divisions possible. The same was true of a row of hostas that had stood stranded in the lawn for decades.

Juliet dug up all those plants and distributed them around the garden to create new beds. She and John replaced a forsythia thicket with a formal quadrant garden of peonies, irises, and lady's mantles. The same perennials border a winding path between the house and a new vegetable garden in the front yard, accented by dwarf lilacs and hydrangeas.

The multiplication process was achieved not only through root divisions. Juliet also collected and scattered seeds of penstemons, foxgloves, and blue cardinal flowers that were part of the original landscape. "It's all really about my thriftiness," she says.

Through the years, friends and family members have pitched in too. Neighbors have shared daylily divisions, and John's sister and father have given the couple heirloom irises. "Every plant has a story behind it," Juliet says. "It's so satisfying to be a steward."



AN HEIRLOOM PEONY (MOST LIKELY 'BOWL OF BEAUTY')



Top middle: Blues and pinks, with hits of yellow, dominate the beds. "The complement is critical," Juliet says. "Yellow makes the other colors more vibrant."

Right: The couple inherited the heirloom 'Edulis Superba' peony, which doesn't need staking despite its large double flowers.

Far right: To take advantage of the full sun in the front yard, John and Juliet planted a vegetable garden. The quadrant design aligns with the geometry of the house.



'SOLAR FLARE' FALSE INDIGO LIGHTS UP A BED.

PEACH-LEAVED BELLFLOWER

'PRINCESS VICTORIA LOUISE' POPPY

IRIS PALLIDA

JOHN ATTACHED A WOODEN LADDER SIDEWAYS ABOVE THE DOOR TO GIVE 'AMETHYST FALLS' WISTERIA SOMETHING TO SPREAD ACROSS.

TIME & PLACE

Landscaping around an older home? Juliet shares the design decisions that honored her property's past.

CONSIDER THE SETTING

Juliet realized that, in a staid New England town laid out in a grid, traditional lines for her garden were more appropriate than going crazy with curves. She also opted for wooden fencing as a nod to the area's agricultural roots.

ESTABLISH ORDER

Although she was trained in naturalistic design, Juliet understands that structure is key to traditional gardens. She recommends boxwood for giving a garden strong architecture.

PICK PLANTS WITH A PAST

Heirloom plants or newer varieties inspired by heirlooms, which tend to have looser, graceful forms and heady fragrance, give a garden an old-fashioned feel.

PUT YOUR BEST FLOWERS FORWARD

Historically, gardeners did not necessarily hide flowering plants in the backyard, Juliet says. Instead, they might hang laundry or keep their cow behind the house and proudly display flowers out front for neighbors to admire. ■

Behind the house, the new quadrant garden fuses formal clipped shrubs with loose perennials. Four-foot-wide paths allow wheelbarrow access even when plants spill onto the walkways.



RECIPES FROM PAGES 88–93

PARADISE GRILLED

SWEET AND SPICY MANGO-SAUCED RIBS WITH SMOKY SLAW

HANDS-ON TIME 20 min.
TOTAL TIME 3 hr. 20 min.

- **2 racks pork loin ribs (2½ to 3 lb. each)**
- **⅓ cup plus 1 Tbsp. packed light or dark brown sugar**
- **2 tsp. ground cumin**
- **2 tsp. sweet paprika**
- **2 tsp. onion powder**
- **2 tsp. ground cinnamon**
- **¼ tsp. cayenne pepper**
- **4 ripe fresh mangoes**
- **1 cup plus 3 Tbsp. cider vinegar**
- **1 small fresh serrano pepper, halved, seeded, and finely chopped**
- **½ tsp. ground coriander**
- **2 cups shredded red cabbage**
- **½ cup loosely packed parsley leaves, coarsely chopped**
- **½ cup thinly sliced red onion**
- **Lime wedges (optional)**

1. Slip the tip of a knife under the edge of each membrane covering rib backs to loosen it. Use a paper towel to grip and pull it away from bones; discard.
2. For rub: In a small bowl combine 1 Tbsp. of the brown sugar, the cumin, paprika, onion powder, 1½ tsp. of the cinnamon, 1 tsp. *kosher salt,* and the cayenne. Set aside 1 Tbsp. of the rub. Sprinkle remaining rub over both sides of ribs; rub in.
3. Prepare grill for indirect heat. (See "How to Set Up Your Grill," *p. 104.*) If using a charcoal grill, place ribs over drip pan. Grill, covered, over medium-low 2 hours.*
4. Meanwhile, for sauce: Chop two of the mangoes (see tip, *below*). In a medium saucepan combine chopped mangoes, 1 cup of the vinegar, the serrano pepper, coriander, the remaining ⅓ cup brown sugar and ½ tsp. cinnamon, and an additional ½ tsp. kosher salt. Bring to boiling; reduce heat. Simmer, uncovered, about 30 minutes or until thickened and reduced to about 1½ cups, stirring occasionally. Let cool slightly. Place in a food processor or blender; process until smooth. Set half of the sauce aside for serving. Brush ribs with some of the remaining sauce. Grill 1 to 2 hours more or until tender, brushing occasionally with sauce.
5. Meanwhile, for slaw: In a medium bowl combine the remaining 3 Tbsp. vinegar, 2 Tbsp. *olive oil,* and the reserved 1 Tbsp. rub. Add cabbage; toss to coat. Set aside at least 20 minutes or up to 1 hour, stirring occasionally.
6. Cut along seed to remove flesh from remaining two mangoes. (Do not peel.) Brush flesh with an additional 1 Tbsp. olive oil. Grill mango pieces flesh side down over direct heat 2 to 4 minutes or until charred. Use a paring knife to remove peel. Thinly slice mango. Add to cabbage mixture along with parsley and red onion. Toss to combine.
7. Serve ribs with reserved sauce, the mango slaw, and, if desired, lime wedges. Serves 6.
***TIP** For quicker grilling, after rubbing the spice mixture on ribs, place ribs in a shallow baking pan. Bake in a 325°F oven 1¾ hours. Grill ribs, covered, directly over medium heat about 8 minutes or until sauce is bubbling and ribs are lightly charred, turning once halfway and brushing with half of the sauce.

EACH SERVING *734 cal, 42 g fat (14 g sat fat), 160 mg chol, 486 mg sodium, 40 g carb, 4 g fiber, 35 g sugars, 48 g pro*

PASSION FRUIT SHRIMP & SCALLOP SKEWERS

HANDS-ON TIME 25 min.
TOTAL TIME 2 hr. 25 min.

- **1 navel orange**
- **1 lime**
- **1 14-oz. pkg. frozen passion fruit pulp, thawed (1½ cups)**
- **½ cup finely chopped shallots**
- **3 Tbsp. canola oil**
- **24 fresh peeled, deveined large shrimp and/or sea scallops**
- **2 garlic cloves, minced**
- **¼ tsp. crushed red pepper**
- **¼ cup sugar**
- **¼ cup cider vinegar**
- **1 Tbsp. grated fresh ginger**
- **¼ cup mayonnaise**
- **Fresh Fruit Salad Skewers *(p. 102)***
- **Salad greens (optional)**

1. Juice orange and lime into a small bowl. Set aside 3 Tbsp. of the citrus juice. In a large bowl combine the remaining juice, ½ cup of the passion fruit pulp, ¼ cup of the shallots, 2 Tbsp. of the canola oil, 1 tsp. *kosher salt,* and ½ tsp. *cracked black pepper.* Add shrimp and/or scallops to marinade mixture; turn to coat. Cover and refrigerate 2 to 4 hours, stirring occasionally.
2. Meanwhile, for sauce: In a medium

[HOW TO] MANAGE A *MANGO*

A few clever cuts will help you efficiently remove the most fruit from the large flat seed.



1 HALVE TO PIT Place the mango on a cutting board with the stem pointing up. Cut along pit to remove fruit in large "cheeks." Repeat on opposite side of the pit.



2 SCORE & SCOOP Use a sharp knife to score the flesh into slices or cubes. Use a spoon or the knife to carefully remove the fruit from the skin.

PHOTO: CARSON DOWNING

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saucepan heat the remaining 1 Tbsp. canola oil over medium-high. Add the remaining ¼ cup shallots, the garlic, and crushed red pepper; cook and stir 2 minutes. Add the remaining passion fruit pulp, the reserved citrus juice, the sugar, vinegar, ginger, and an additional ½ tsp. kosher salt. Bring to boiling; reduce heat. Simmer, uncovered, 25 to 30 minutes or until thickened and reduced to about ¾ cup. Let cool. Reserve half of the sauce for serving and to make a passion fruit dipping sauce: Stir 2 Tbsp. reserved sauce into the mayonnaise.

3. Set up grill for direct heat (see *p. 104*). Drain shrimp and/or scallops, discarding marinade. Thread onto twelve 6-inch skewers.* Brush with some of the remaining sauce. Grill, covered, directly over medium-high about 5 minutes or until shrimp and/or scallops are opaque, turning and brushing with sauce once. Serve with reserved sauce, the passion fruit dipping sauce, Fresh Fruit Salad Skewers, and, if desired, salad greens. Serves 6.

FRESH FRUIT SALAD SKEWERS On wooden or metal skewers thread half of a medium seedless *cucumber,* cut into ¾-inch-thick slices; 2 fresh *kiwis,* peeled and sliced; 1 cup cubed *papaya;* and 1 cup peeled, cubed *pineapple.*

***TIP** Soak wooden skewers in water 30 minutes before threading with food to prevent wood from burning.

EACH SERVING *319 cal, 11 g fat (1 g sat fat), 194 mg chol, 450 mg sodium, 32 g carb, 7 g fiber, 22 g sugars, 26 g pro*

GRILLED BANANAS AND PINEAPPLE WITH COCONUT-CARAMEL SAUCE

START TO FINISH 25 min.

- **3 Tbsp. sugar**
- **½ tsp. ground cinnamon**
- **¼ tsp. ground allspice**
- **4 to 6 mini Manzano bananas, unpeeled, or 2 ripe but firm bananas, unpeeled**
- **4 pineapple slices, ½ inch thick**
- **2 Tbsp. butter, melted**
- **½ cup dulce de leche**
- **⅓ cup canned unsweetened coconut milk**
- **2 Tbsp. dark rum (optional)**
- **3 cups coconut or vanilla ice cream**
- **⅓ cup raw chip coconut, toasted**

1. Prepare grill for direct heat (see *p. 104*). In a small bowl combine sugar, cinnamon, and allspice.

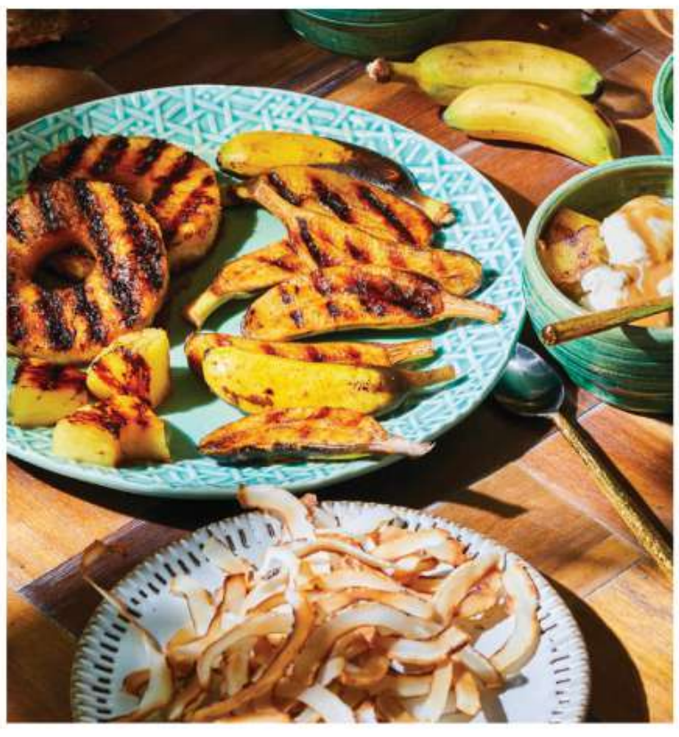
2. Leaving the peel on, cut bananas in half lengthwise. (If using regular bananas, halve and cut each half crosswise into thirds.) Brush cut sides of bananas and both sides of pineapple slices with the melted butter. Sprinkle cut sides of bananas and both sides of pineapple with sugar mixture. Grill directly over medium 5 to 6 minutes or until bananas soften and peels begin to pull away and pineapple slices are charred and tender, turning pineapple slices once.

3. Meanwhile, for sauce: In a small saucepan* combine dulce de leche, coconut milk, and, if desired, rum. Cook and stir mixture over medium-low until heated through.

4. Coarsely chop pineapple and remove banana peels. Serve fruit over ice cream and drizzle with sauce. Garnish with toasted coconut. Serves 6.

***TIP** To make the sauce in the microwave, stir together dulce de leche and coconut milk in a microwave-safe bowl (mixture will not be smooth). Microwave 1 minute or until warm and smooth, whisking twice. If desired, stir in rum.

EACH SERVING *457 cal, 25 g fat (20 g sat fat), 18 mg chol, 105 mg sodium, 57 g carb, 3 g fiber, 43 g sugars, 4 g pro*



EASY SWAP

If you don't have a drip pan for your charcoal grill, create one by shaping Reynolds Wrap® Heavy Duty Foil over an upside-down square dish or pan.

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TAMARIND BBQ CHICKEN

For an easy side dish, brush a little of the sauce on halved baby bok choy and grill them next to the chicken over direct heat 2 to 3 minutes.

HANDS-ON TIME 25 min.
TOTAL TIME 1 hr. 40 min.

- **2 Tbsp. canola oil**
- **½ cup chopped onion**
- **3 garlic cloves, minced**
- **¼ tsp. crushed red pepper**
- **⅔ cup rice vinegar**
- **½ cup packed brown sugar**
- **½ cup tomato paste**
- **3 Tbsp. tamarind paste**
- **1 Tbsp. soy sauce**
- **3 lb. meaty chicken pieces (bone-in thighs, bone-in breast halves, and/or drumsticks)**
- **⅓ cup chopped fresh cilantro**
- **⅓ cup chopped macadamia nuts**
- **Coconut Rice (*p. 104,* optional)**
- **Orange wedges (optional)**

1. Prepare grill for indirect heat (see *p. 104*). For sauce: In a medium saucepan heat canola oil over medium. Add onion and garlic; cook 3 to 4 minutes or until tender, stirring occasionally. Add crushed red pepper; cook and stir 1 minute. Stir in 1 cup *water,* the rice vinegar, brown sugar, tomato paste, tamarind paste, soy sauce, and ½ tsp. *kosher salt.* Bring to boiling; reduce heat. Simmer, uncovered, about 25 minutes or until thickened and reduced to about 1¾ cups, stirring occasionally. Let mixture cool slightly. Set aside half of the sauce for serving and for a dipping sauce.

2. Season chicken pieces with an additional 1 tsp. kosher salt and ½ tsp. *cracked black pepper.* If using a charcoal grill, place chicken bone side up over drip

PHOTO: CARSON DOWNING

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pan. Grill, covered, over medium 30 minutes.

3. Brush chicken with some of the remaining sauce. Turn chicken and brush again with sauce. Grill 20 to 30 minutes more or until done (170°F for breasts; 175°F for thighs and drumsticks), brushing occasionally with remaining sauce.

4. Top chicken with chopped cilantro and macadamia nuts. Serve with reserved sauce and, if desired, Coconut Rice and/or orange wedges. Serves 6.

EACH SERVING *463 cal, 23 g fat (5 g sat fat), 104 mg chol, 768 mg sodium, 27 g carb, 2 g fiber, 22 g sugars, 36 g pro*

COCONUT RICE

HANDS-ON TIME 20 min.
TOTAL TIME 50 min.

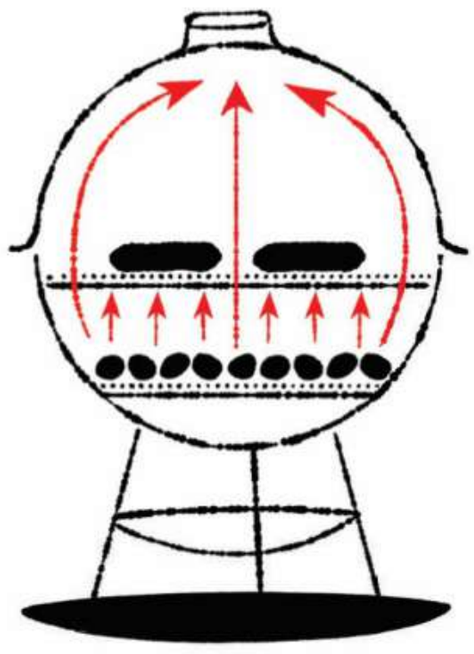
- **1 cup basmati or long grain white rice**
- **½ cup unsweetened flaked coconut***
- **4 green onions**
- **1 13.5- to 14-oz. can unsweetened coconut milk**

1. Place rice in a sieve. Rinse with cold running water until water runs clear. Place rice in a medium saucepan. Add cold water to cover. Let stand 30 minutes.

2. Meanwhile, prepare grill for direct heat (see *right*). Place coconut on a 12×9-inch piece of double-thickness foil. Bring up long sides and seal with a double fold. Fold in ends to enclose. Grill foil packet and green onions, covered, directly over medium heat. Grill foil packet 5 minutes, turning once. Grill onions 4 to 5 minutes or until tender and charred, turning once. Let cool slightly; carefully open foil packet to cool completely. Chop green onions.

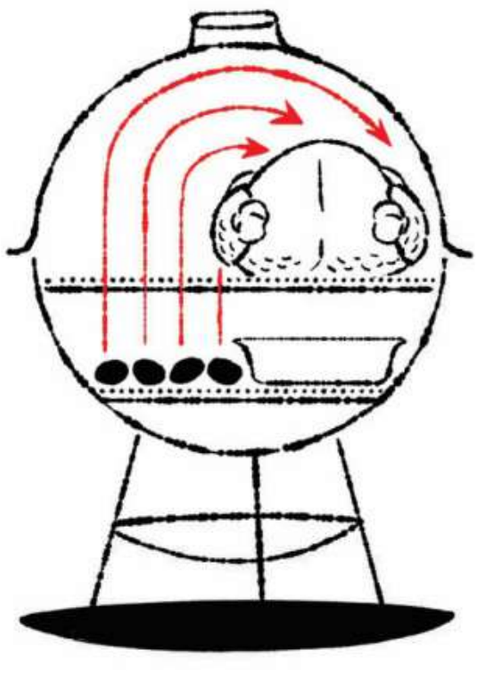
3. Drain rice. Return to saucepan. Stir in coconut milk, ½ cup *water,* and ½ tsp. *kosher salt.* Bring to boiling; reduce heat to medium. Cook, covered, 10 minutes. Reduce heat to low. Cook 5 minutes more or until tender and liquid is absorbed. Remove from heat; let stand, covered, 5 minutes. Fluff rice with fork. Stir in onions and half of

HOW TO SET UP YOUR GRILL



DIRECT HEAT

Direct heat is best for small foods (seafood, burgers, veggies, fruit) that cook quickly enough that the outside won't burn before the inside is done. For charcoal: Spread hot coals evenly across the bottom grate. For gas: Turn on all burners and adjust heat according to recipe.



INDIRECT HEAT

Placing food to the side of the heat source ensures even doneness of thick or tough cuts like pork ribs or whole roasts and poultry. For charcoal: Spread hot coals around a drip pan; cook food over pan. For gas: Turn on half the burners; place food over the unlit burners.

ILLUSTRATIONS: EDWIN FOTHERINGHAM

the coconut. Top with remaining coconut. Serves 6.

***TIP** If you can't find unsweetened coconut, use sweetened flaked coconut.

EACH SERVING *250 cal, 14 g fat (13 g sat fat), 230 mg sodium, 27 g carb, 1 g fiber, 1 g sugars, 3 g pro*

GRAPEFRUIT-GUAVA FRUIT PUNCH

For the cocktail version, add 1 oz. mezcal or tequila to each serving.

START TO FINISH 10 min.

- **1 33.8-oz. carton guava nectar, chilled**
- **2 cups grapefruit juice, chilled**
- **2 cups ginger ale, chilled**
- **Sliced fresh grapefruit and/or maraschino cherries**
- **⅓ cup grenadine or maraschino cherry juice (optional)**

In a pitcher stir together chilled guava nectar, grapefruit juice, and ginger ale. Add *ice.* Garnish punch with grapefruit slices and/or maraschino cherries. If desired, top each individual serving of punch with approximately 1 Tbsp. grenadine. Serves 6.

EACH SERVING 170 cal, 17 mg sodium, 43 g carb, 2 g fiber, 37 g sugars, 1 g pro

RECIPES FROM PAGES 70–76

SHAVED SALADS

Recipes by Tara Bench, author of *Live Life Deliciously* ($33; *shadowmountain.com*)

ZUCCHINI, SUMMER SQUASH & CHICKEN SALAD

Cousa squash is a tender summer squash that looks like a short, fat zucchini with pale green skin. It has a slightly sweeter flavor than zucchini.

HANDS-ON TIME 20 min.
TOTAL TIME 40 min.

- **1 lemon**
- **12 oz. skinless, boneless chicken breast halves**
- **1 medium zucchini**
- **1 small yellow squash**
- **½ of a cousa squash (optional)**
- **2 ears fresh sweet corn, husks and silks removed**
- **1 cup yellow cherry tomatoes**
- **2 Tbsp. coarsely chopped fresh dill**

1. Zest and juice the lemon (1 tsp. zest, 3 Tbsp. juice). Reserve the lemon halves.
2. Place lemon halves and chicken in a medium saucepan. Add 1 tsp. *kosher salt* and enough water to cover chicken by 1 inch. Bring to a simmer over medium-high (do not boil). When water is just simmering, cover pan, turn off heat, and let chicken cook 20 minutes or until done (165°F). Drain and let cool. Cut chicken into slices.
3. Using a mandoline, vegetable peeler, or sharp knife, slice zucchini, yellow squash, and, if desired, cousa squash into thin long strips or rounds.
4. Using a sharp knife, cut corn from cobs. Halve cherry tomatoes. Arrange chicken, squashes, corn, and tomatoes on plates.
5. In a small bowl whisk together lemon juice and zest, 3 Tbsp. *olive oil,* the dill, an additional ¼ tsp. kosher salt, and ¼ tsp. *black pepper.* Drizzle over salads; let stand 10 minutes. If desired, garnish with additional dill. Serves 4.

EACH SERVING *256 cal, 13 g fat (2 g sat fat), 62 mg chol, 124 mg sodium, 14 g carb, 3 g fiber, 6 g sugars, 22 g pro*

JULIENNED SNOW PEAS, CELERY & RADISH SALAD

START TO FINISH 20 min.

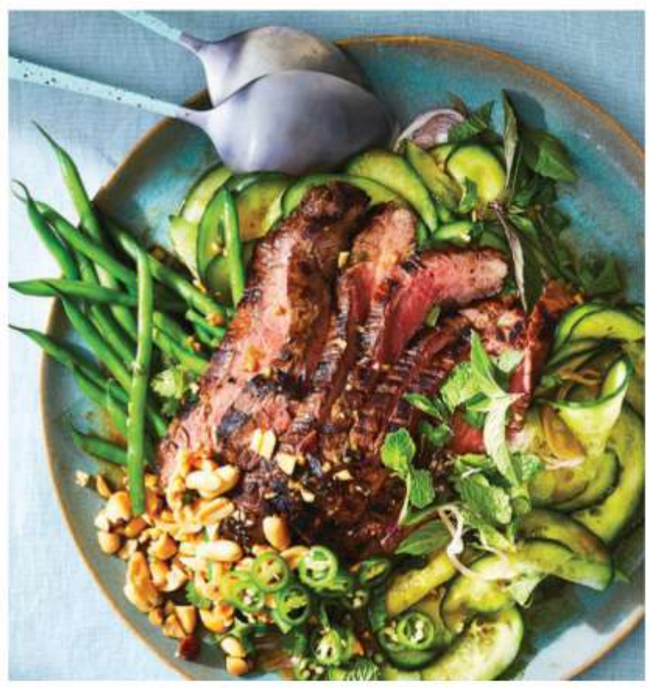
- **8 oz. fresh snow peas**
- **3 stalks celery, leaves reserved for garnish if desired**
- **6 radishes**
- **2 heads Belgian endive**
- **¼ cup sherry vinegar**
- **1 Tbsp. honey**
- **4 large basil leaves, chopped, plus more for garnish if desired**
- **2 Tbsp. roughly chopped Marcona almonds**
- **1 oz. Manchego cheese, shaved**

1. Using a sharp knife, trim and slice snow peas lengthwise into julienned strips. Using a mandoline or a sharp knife, thinly slice the celery



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stalks and radishes. Thinly slice Belgian endive heads lengthwise.
2. In a small bowl whisk together sherry vinegar, honey, ½ tsp. *kosher salt,* and ¼ tsp. *black pepper.* Gradually drizzle in ⅓ cup *olive oil,* whisking to emulsify.
3. Arrange snow peas, celery, radishes, endive, and chopped basil on a platter. Top with Marcona almonds, Manchego, and, if desired, reserved celery leaves and/or additional basil. Drizzle with half of the vinaigrette; serve with remaining vinaigrette. Serves 4.
EACH SERVING *267 cal, 23 g fat (5 g sat fat), 7 mg chol, 233 mg sodium, 12 g carb, 3 g fiber, 7 g sugars, 5 g pro*



THAI-INSPIRED BEEF & CUCUMBER SALAD

HANDS-ON TIME 25 min.
TOTAL TIME 3 hr. 40 min., includes marinating

- **3 limes (2 tsp. zest, 6 Tbsp. juice)**
- **3 Tbsp. fish sauce**
- **2 Tbsp. soy sauce**
- **2 Tbsp. toasted sesame oil**
- **1 tsp. sugar**
- **2 small garlic cloves, minced**
- **1¼ lb. beef flank steak**
- **6 oz. haricots verts (thin green beans) or green beans**
- **5 cups thinly sliced English cucumbers**
- **¾ cup chopped fresh cilantro leaves**
- **½ cup thinly sliced shallots**
- **2 Tbsp. chopped Thai basil or basil**
- **2 Tbsp. chopped fresh mint**
- **¼ cup chopped peanuts**
- **1 serrano pepper, thinly sliced and seeded if desired**

1. In a medium bowl whisk together lime juice and zest, fish sauce, soy sauce, sesame oil, sugar, garlic, 1 Tbsp. *olive oil,* ½ tsp. *kosher salt,* and ½ tsp. *black pepper.* Pour ½ cup of the dressing into a large resealable plastic bag. Add steak to bag; seal and massage to coat. Marinate in the refrigerator 3 to 4 hours. Set aside remaining dressing.
2. Drain and discard marinade from steak. Grill steak, covered, over medium-high 12 to 16 minutes or until desired doneness (145°F for medium), turning once. Transfer to a cutting board; tent with foil. Let stand 10 minutes.
3. Blanch haricots verts in boiling water 1 minute. Immediately plunge into ice water to cool; drain.
4. Thinly slice steak. Arrange on plates with haricots verts, cucumbers, cilantro, shallots, basil, and mint. Drizzle with reserved dressing. Top with peanuts and serrano pepper. Serves 4.
EACH SERVING *333 cal, 15 g fat (4 g sat fat), 85 mg chol, 641 mg sodium, 15 g carb, 4 g fiber, 6 g sugars, 36 g pro*

SHAVED FENNEL & FINGERLING POTATO SALAD

HANDS-ON TIME 15 min.
TOTAL TIME 25 min.

- **1 lb. fingerling potatoes, halved lengthwise**
- **3 Tbsp. white wine vinegar**
- **2 tsp. Dijon mustard**
- **½ tsp. sugar**
- **1 fennel bulb, trimmed, cored, and halved**
- **¾ cup julienned yellow bell pepper**
- **½ cup sliced green onions**
- **½ cup chopped flat-leaf parsley**

1. Place potatoes in a large saucepan. Add 1 tsp. *kosher salt* and enough water to cover potatoes. Bring to boiling; reduce heat. Simmer, uncovered, about 10 minutes or until potatoes are just tender. Drain; return potatoes to saucepan.
2. In a small bowl whisk together white wine vinegar, Djion mustard, sugar, an additional ¼ tsp. kosher salt, and a

PHOTOS: CARSON DOWNING

pinch *black pepper* until sugar is dissolved. Gradually drizzle in 3 Tbsp. *olive oil,* whisking to emulsify. Pour half of the vinaigrette over the warm potatoes; toss to coat.

3. Using a mandoline or a sharp knife, thinly shave fennel bulb halves lengthwise. Place in a large bowl with yellow bell pepper, green onions, and chopped parsley.

4. Add potatoes and remaining vinaigrette to fennel mixture; toss to coat. Serves 4.

EACH SERVING *207 cal, 10 g fat (1 g sat fat), 217 mg sodium, 26 g carb, 4 g fiber, 6 g sugars, 3 g pro*



MELON, PEACH & PROSCIUTTO SALAD

HANDS-ON TIME 30 min.
TOTAL TIME 45 min.

- **6 to 8 thin slices prosciutto (2 to 3 oz.)**
- **½ cup champagne vinegar**
- **1 Tbsp. turbinado sugar**
- **2 tsp. fennel seeds, crushed**
- **2 firm, ripe peaches or plums and/or mangoes, pitted**
- **6 to 8 cups baby arugula**
- **¼ of a 6- to 7-lb. seedless watermelon, peeled and thinly sliced**
- **½ of a honeydew and/or cantaloupe melon, seeded, cut into wedges and shaved with a vegetable peeler or mandoline**
- **2 oz. goat's milk Gouda cheese, finely shredded (½ cup), or crumbled soft goat cheese**

1. Preheat oven to 350°F. Line a baking sheet with parchment paper; arrange prosciutto slices in a single layer on pan. Bake 12 to 14 minutes or until prosciutto is just crisp. Let cool; break into shards.

2. Meanwhile, in a small bowl whisk together vinegar, sugar, fennel seeds, and ½ tsp. *kosher salt* until sugar is dissolved. Gradually drizzle in ⅓ cup *olive oil,* whisking to emulsify.

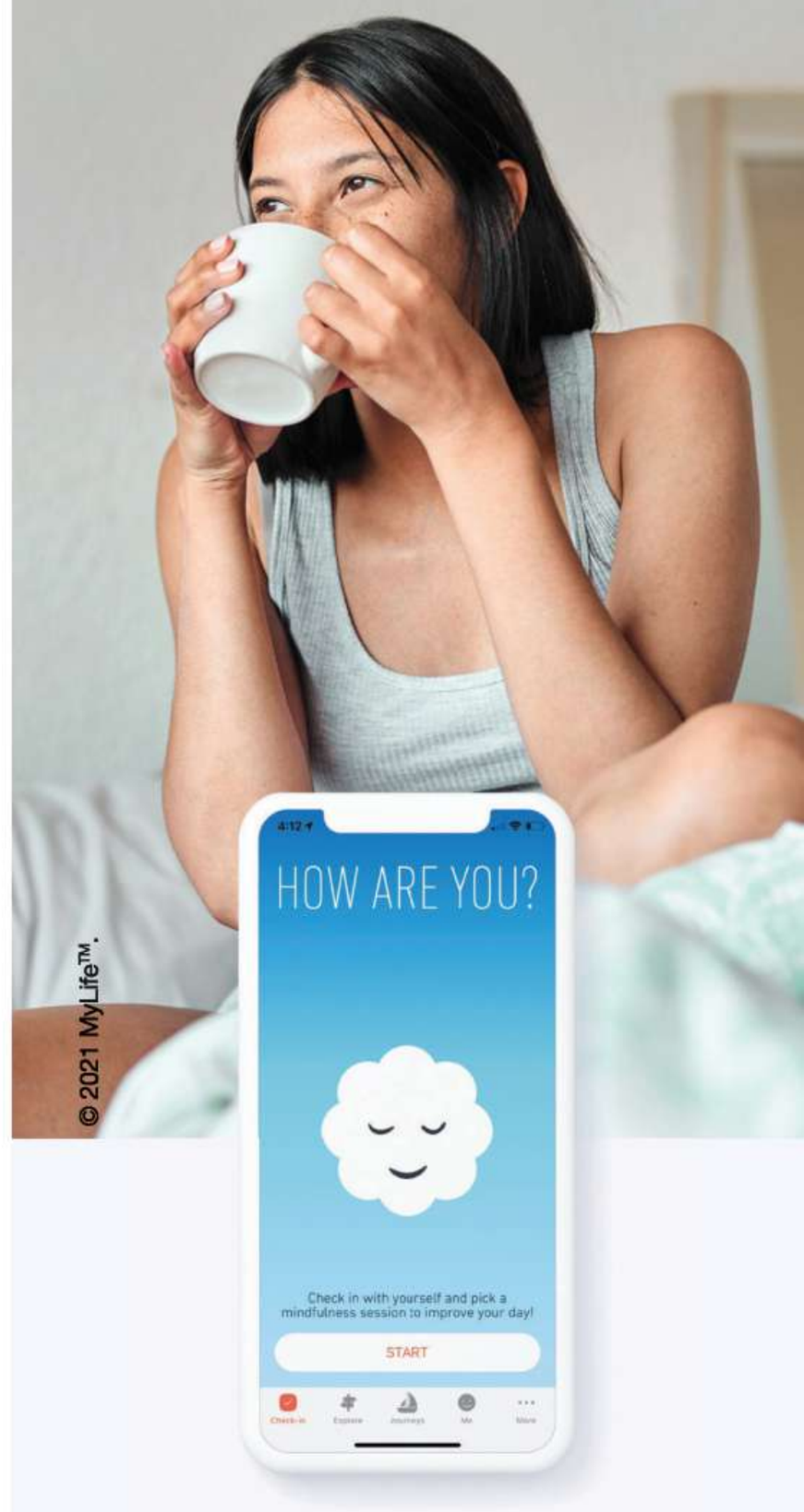
3. Use a sharp knife or mandoline to thinly slice peaches or plums. (If using mangoes, use a sharp knife or veggie peeler to slice.) Arrange arugula, melons, and peach, plum, or mango slices on plates. Drizzle with vinaigrette and top with prosciutto and cheese. Serves 6.

EACH SERVING *265 cal, 16 g fat (4 g sat fat), 13 mg chol, 371 mg sodium, 25 g carb, 2 g fiber, 22 g sugars, 7 g pro* ■

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LEGAL NOTICE

If you purchased or were enrolled in a Blue Cross or Blue Shield health insurance or administrative services plan between 2008 and 2020, a $2.67 billion Settlement may affect your rights.

Para una notificación en español, visite www.BCBSsettlement.com/espanol

On November 30, 2020, the Honorable R. David Proctor of the U.S. District Court for the Northern District of Alabama granted preliminary approval of the Settlement in the *In re: Blue Cross Blue Shield Antitrust Litigation MDL 2406*, N.D. Ala. Master File No. 2:13-cv-20000-RDP.

Please visit www.BCBSsettlement.com for more information.

What is the lawsuit about?

Plaintiffs claim that the Blue Cross Blue Shield Association and Settling Individual Blue Plans (collectively, "Settling Defendants") violated antitrust laws by entering into an agreement not to compete with each other and to limit competition among themselves in selling health insurance and administrative services for health insurance. Settling Defendants deny all claims. The Settling Defendants have asserted that their conduct results in lower healthcare costs and greater access to care for their customers. The Court has not decided who is right.

Who is affected?

You may be eligible to receive payment if you are an **Individual**, **Insured Group** (and their employees) or **Self Funded Account** (and their employees) that purchased or were enrolled in a Blue Cross or Blue Shield health insurance or administrative services plan during one of the two Settlement Class Periods. Government accounts are excluded from the Class.

The Settlement Class Period for **Individuals** and **Insured Groups** is from February 7, 2008 through October 16, 2020. The Settlement Class Period for **Self-Funded Accounts** is from September 1, 2015 through October 16, 2020. Dependents, beneficiaries (including minors), and non-employees are **NOT** eligible to receive payment.

All **Individuals**, **Insured Groups**, and **Self-Funded Accounts** that purchased or were enrolled in a Blue Cross or Blue Shield health insurance or administrative services plan during the applicable Class Period will also benefit from the parts of the Settlement requiring Settling Defendants to change certain of their practices that were alleged to be anticompetitive. Dependents, beneficiaries (including minors), and non-employees will benefit from this part of the Settlement.

For more details about who is affected visit www.BCBSsettlement.com.

What can you get from the Settlement?

Class Members who submit valid claims may receive a cash payment from the Net Settlement Fund. The Net Settlement Fund is estimated to be approximately $1.9 billion. This is after deducting attorneys' fees, administration expenses and other costs from the $2.67 billion Settlement Fund. For more details on the Plan of Distribution, read the Long Form Notice available at www.BCBSsettlement.com. You can also call (888) 681-1142. Settling Defendants also agreed to make changes in the way they do business to increase the opportunities for competition in the market for health insurance.

How do you get a payment?

You must submit a valid claim online at www.BCBSsettlement.com or postmarked by mail no later than **November 5, 2021**. Claim Forms are available at www.BCBSsettlement.com or may be requested by calling (888) 681-1142.

What are your other options?

If you do not want to be legally bound by the Settlement, you may send a request for exclusion ("opt out"). You will not receive any money, but you will keep your right to sue Settling Defendants for the claims in this case. If you do not exclude yourself, you may object to the Settlement. You will still be bound by the Settlement if your objection is rejected. For details on how to opt out or object, read the Long Form Notice available at www.BCBSsettlement.com.

Opt outs and objections must be postmarked by **July 28, 2021**. The Court will hold a Fairness Hearing to consider whether the Settlement is fair, reasonable, and adequate. The Fairness Hearing is on October 20, 2021 at 10:00 a.m. CT. The Court will also decide whether to approve attorneys' fees and expenses up to $667.5 million and $101 million for additional costs and service awards. These amounts will be deducted from the $2.67 billion Settlement Fund. You may ask to attend the Fairness Hearing, on your own or through counsel, but you do not have to do so.

Please Do Not Contact The Court Regarding This Notice.

Questions?

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4 The Pearl Hotel—Forbes Four-Star & AAA Four-Diamond beach hotel with destination-worthy cuisine and alluring spa.

5 Visit South Walton—On Northwest Florida's Gulf Coast, South Walton's pristine sugar-white sand beaches and turquoise water compliment 16 acclaimed beach neighborhoods. Find your perfect beach.

6 WaterColor Inn—The perfect combination of upscale beachfront accommodations and acclaimed amenities including beach club, dining options, spa services and recreational activities.

GEORGIA (For All, Circle A010)

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9 Fannin County Chamber of CVB—Discover Blue Ridge, Georgia's favorite mountain town, where small town charm meets uptown shopping and dining.

10 Kingsland Convention and Visitors Bureau—Nestled on the southeast coast of Georgia, Kingsland is surrounded by the sights and sounds of the beautiful marshes and creeks.

11 Pine Mountain—A charming family escape awaits an hour southwest of Atlanta in Pine Mountain.

12 Visit Cartersville—You'll find beautiful rolling hills, a tranquil lake and two Smithsonian Affiliate museums in a friendly small town. That's Cartersville - a real Georgia Gem just north of Atlanta on Interstate 75.

13 Visit Lake Oconee—75 miles from Atlanta, the time of your life is closer than you think.

MONTANA

14 Visit Montana—Planning to travel in Montana? On the slopes or in town, you can take steps to help keep others safe. Learn more today.

OHIO

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June 2 is National Running Day. You don't have to run long or fast to benefit:

Even jogging slowly
5 to 10 minutes daily
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Want to start running? During the middle of a walk, run 5–10 seconds of every minute. Get coaching from free training apps like Couch to 5K.

VISION STRAIN OR EYE ISSUES AS A RESULT OF LOOKING AT A COMPUTER AFFECT

58

PERCENT OF AMERICANS.

The average worker spends seven hours on a computer, which can cause dry, itchy eyes and blurred vision. To protect your peepers, position your monitor 20–28 inches from your eyes and use a glare filter on your screen. And every 20 minutes look at something 20 feet away for 20 seconds.

73%

of workers say they feel burned-out.

Top reasons: No separation between work and home life, and unmanageable workloads. If you're working from home, set clear start and stop times, and establish a ritual to mark the end of the workday—perhaps tidying your desk. If you're commuting, change clothes when you get home to signal that downtime has started.



48 PERCENT OF AMERICANS
DON'T HAVE EMERGENCY SUPPLIES ON HAND.

Stash three days of water and food for your family, including pets. Also have a first aid kit, copies of personal documents, a portable charger for your phone, and a seven-day supply of all medicines you take regularly.

BY: SHARON LIAO; PHOTOS: (BURNT TOAST) PAILOOLOM/GETTY IMAGES, (FIRST AID KIT) DENISKOT/GETTY IMAGES

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HOW TO DEVELOP media literacy

We are living in times when mis- and disinformation swirl around us. Tap into expert advice for tools and strategies so you can tell fact from fiction.



IT'S UP TO US TO THINK CRITICALLY ABOUT EVERY STORY AND PIECE OF INFORMATION WE HEAR OR READ.

Throughout history, misinformation and propaganda have circulated to push certain viewpoints, but in the past few years the problem has amplified. "The biggest issue now is the quantity and speed by which information spreads," says Michelle Ciulla Lipkin, executive director of the National Association for Media Literacy Education.

Fueling the situation: Every time you click on a story or advertisement, you leave electronic footprints the internet uses to determine what information will pop up on your screen next time you're browsing. "Our online activities create this bubble, so we see information that reinforces our worldview," says Rob Williams, Ph.D., a professor at Champlain College in Vermont and a digital media consultant.

While digital communications have created a global village in which we're all interconnected, it has also divided us into our own information silos. Our natural reactions to the uncertainty we've been experiencing might also be exacerbating the issue, particularly when it comes to conspiracy theories. "We're conditioned to find stories that explain what's going on around us. In the last year or so, we've needed an inordinate amount of things explained," says Barbara Fister, a media literacy expert and professor emerita at Gustavus Adolphus College.

Here's how to navigate the search for trustworthy information.

A FEW QUESTIONS TO ASK

When you're reading anything online—whether it's an article or a short piece of content—consider these points.

1

Who created the content? Who wrote and published it? Red flags: no byline and/or the source is an organization you can't verify.

2

How is the information presented? Is it a reported article with quotes? Are there exaggerations? Is it an ad or donation request?

3

What points of view are represented? How is the story framed? How might other people react or interpret it differently?

BY **LINDA MARSA**

ILLUSTRATIONS: ILLUSTRATION/ISTOCK BY GETTY IMAGES

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use the **SIFT method** to id reliable info

A good way to navigate online stories is to go through these four steps to figure out exactly where the information came from, if it's recent or outdated, and if the info is factually correct.

■ **Stop.** Before even reading a story, ask yourself *Have I heard of this website? Have I found reliable info here in the past?* Then move to the next steps.

■ **Investigate the sources.** Does the article or piece of content quote reputable sources? Or is it a promotional piece—perhaps on the benefits of a particular supplement written by the company selling the supplements? Scientists can make mistakes, and the supplement industry isn't necessarily wrong. But it's worth considering biases to determine the story's trustworthiness.

■ **Find additional coverage.** Look for other stories that verify any claims that are made. Scan reporting from multiple trusted news sites to determine if the article is presenting common, controversial, or outlying viewpoints.

■ **Trace the original source.** Put what you read into context. Perhaps the information is about a new medical treatment, but a little digging reveals the study said something different. Or perhaps it's a photo that seems real, but research shows the picture was altered or pertained to an event from years ago and has no relevance to the current article.

QUICK-CLICK FACT CHECK

SNOPES

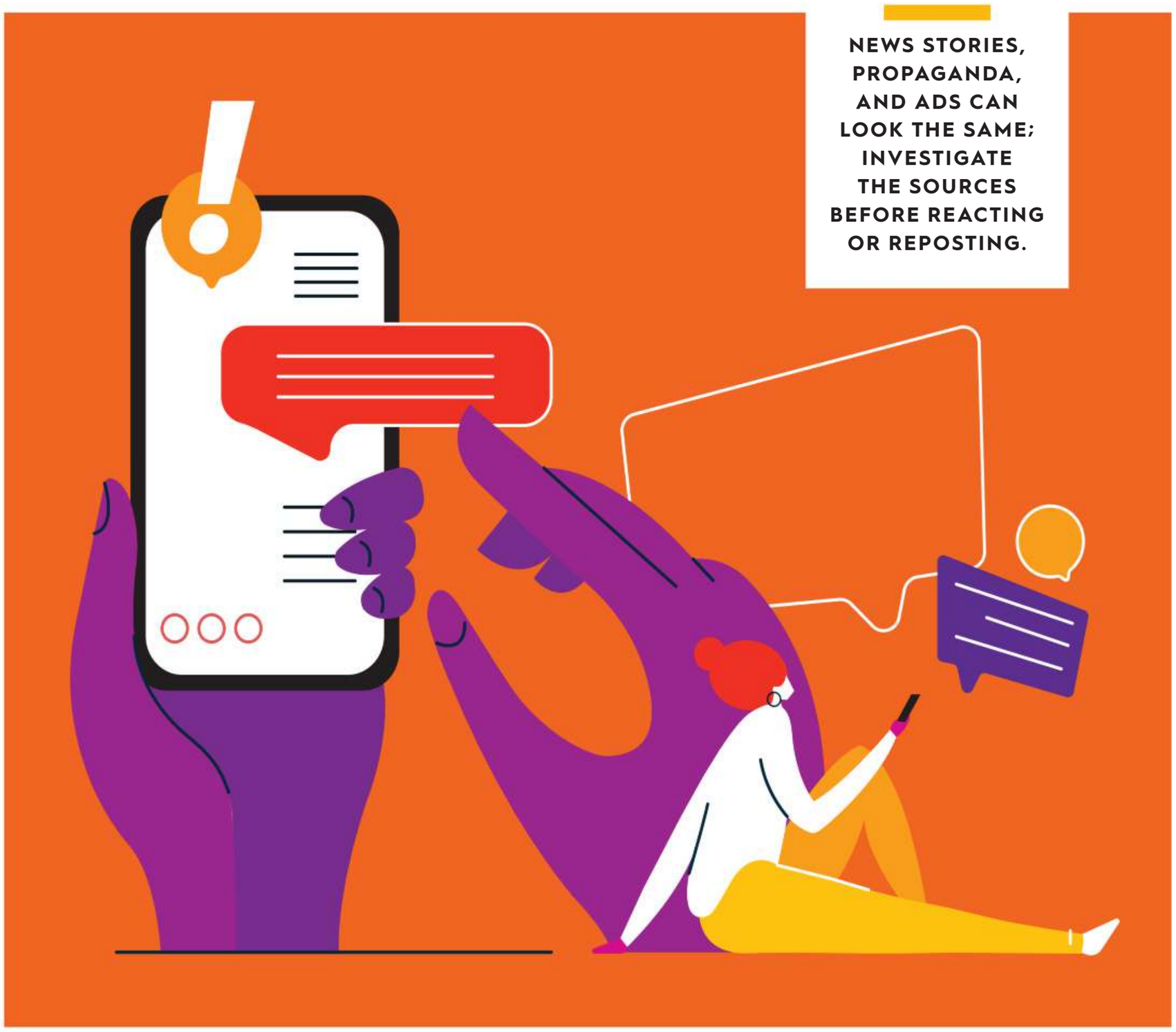
Founded in 1994, this site started out debunking urban legends and has expanded to fact-checking and debunking conspiracy theories. You can send in topics for investigation.
snopes.com

WIKIPEDIA

You can look up almost anything, including people, ideas, and organizations. At the bottom of each entry are references you can click on to cross-reference.
wikipedia.com

TINEYE REVERSE IMAGE SEARCH

Trace where a photo originally came from by either uploading the picture or plugging in a URL at *tineye.com*. Google Images offers a similar function: *images.google.com*.



THINK THINGS THROUGH

Asking questions and using critical thinking are crucial to determining the accuracy of stories and information you read or watch. The National Association for Media Literacy Education *(namle.net)* suggests ways to analyze and evaluate media content. It also provides a guide for parents on how to start the conversation with kids.

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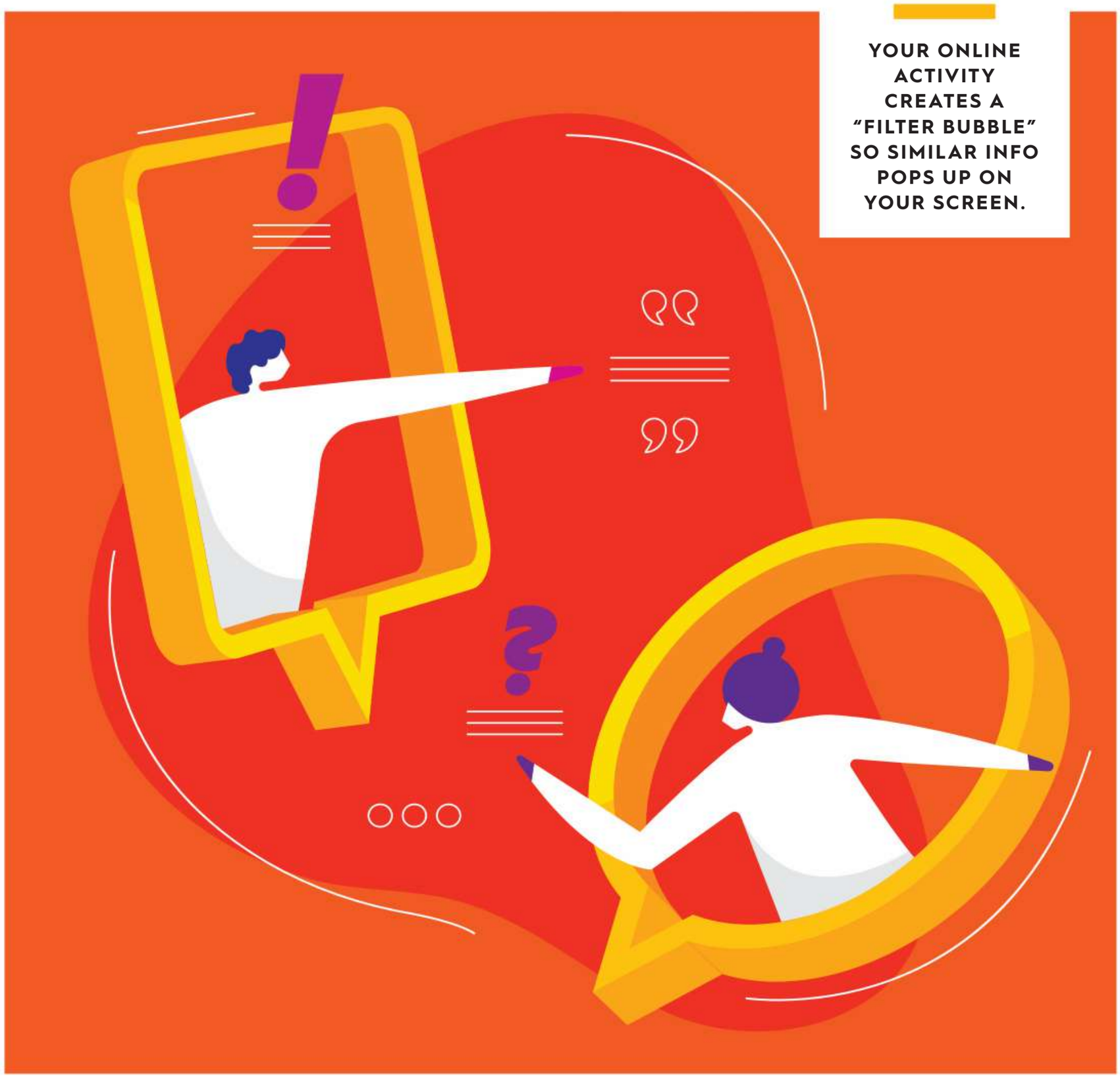
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KEY resources

Check out these organizations for more tools and guidance.

Center for Media Literacy
medialit.org

Freedom Forum Institute, First Amendment Center
freedomforum institute.org

NewsGuard
newsguard tech.com

News Literacy Project
newslit.org

YOUR ONLINE LITERACY DICTIONARY

Some terms you might come across when reading about the online spread of misinformation.

- **ALGORITHM**

Every click creates an electronic footprint. Algorithms are programs used by digital platforms to collect and use that data to push certain information (stories, ads) to your social media feed and screens when you're browsing online.

- **SOCIAL MEDIA BOT**

Automated programs designed to mimic humans and post messages, ads, or stories as determined by an algorithm.

- **TROLL FARM**

People who are paid to create fake accounts and push certain political talking points.

- **CLICKBAIT**

Outrageous headlines on stories that turn out not to be controversial. Studies have shown that the more emotions a post arouses, the longer you will stay on a site.

- **BEHAVIORAL MICROTARGETING**

This technique uses web user information and collects data from sources about a customer's online browsing and shopping behavior to deliver targeted advertising.

- **SOCK PUPPET**

A term given to fake and often anonymous social media accounts, which can be used to spread messages, stories, and real or fake claims virally through various networks.

- **DATA VOID**

A data void happens when there's an intense demand for information on a specific topic but there isn't credible info available. This opens the door for misinformation or conspiracy theories to flourish. A good example is what happened at the start of the pandemic. There was a lot of confusion about coronavirus—how it spread and its symptoms and treatments. (We wondered: Should we clean our groceries or leave our mail outside for days? Are there any safe, effective treatments?) Until we had solid science to answer our questions, misinformation spread like wildfire, filling the data void.

- **DEEPFAKE**

Doctored images, videos, or audio recordings that seem authentic. For example, the face of a celebrity or public figure may be edited onto the body of an actor doing something the person hasn't done, or audio may be altered so it sounds like the person is saying something they didn't. ■

keep cool, *cats*

As temperatures rise, cats need extra TLC. If your kitty could talk, she'd tell you these things are crucial to keeping her healthy and safe so she can enjoy sunny summer days.

keep me hydrated

Cats need 3½ to 4½ ounces of water daily per 5 pounds body weight, but high temps will up that. Set out many bowls of fresh water and change them frequently. Note that cats don't like water touching their whiskers, so use a widemouthed bowl. Even better, cater to their love of flowing water and invest in a cat water fountain. Cats evolved to get some of their water from food, so if you don't already, work wet food into her summertime diet. Then keep tabs on her hydration by monitoring the litter box. Scoop it for several days in a row to get an idea of her normal urination. "If you have to scoop less or more often, it may be an indication something is wrong," says Bonnie Bragdon, D.V.M., M.S., cofounder and president of the Independent Veterinary Practitioners Association (IVPA).

brush me daily

Daily brushing is key, especially if your cat has a long coat or a short nose. Fur traps heat, so longhair cats can get hotter faster. Diligently removing the undercoat they shed each spring reduces the heat trap. If you are considering shaving your longhair cat, discuss the so-called lion cut with your vet, Bragdon says. But never shave all their fur: It helps protect against sunburn and abrasions.

if I'm panting, I'm way too hot

Cats love warmth, but as the cliché goes, too much of a good thing can be bad; cats can be overwhelmed by too much heat. So when temps rise, it's time to watch for signs of overheating, which if left untreated can lead to heat exhaustion or heatstroke. When cats get too hot, they breathe faster, so if you see her panting, take steps to cool her off by laying her on a cool tile floor, in a dark room, or in front of a fan.

If symptoms don't decrease or your cat is drooling or lethargic, or has a temp above 104°F, call the vet immediately and wrap her in cool, damp towels.

make sure I'm not locked in somewhere

Cats are smart. As long as they're healthy and have access to a cool part of the house (basement, tiled bathroom floor), most can stay comfortable. The concern is if she gets trapped in an area that isn't cooled or ventilated, like a shed. Another hot spot: cars. Never leave kitty in a car; on a hot day the temp inside can rise dangerously high in five minutes even with windows cracked. ■



HEY, ALL YOU COOL CATS...
Don't shave off all my fur; it protects me from sunburn.

PHOTO: FERNANDO TRABANCO FOTOGRAFIA/GETTY IMAGES

BY **KAREN ASP**

Hill's

Transforming Lives

A STEP AHEAD FOR THEIR BEST LIFE

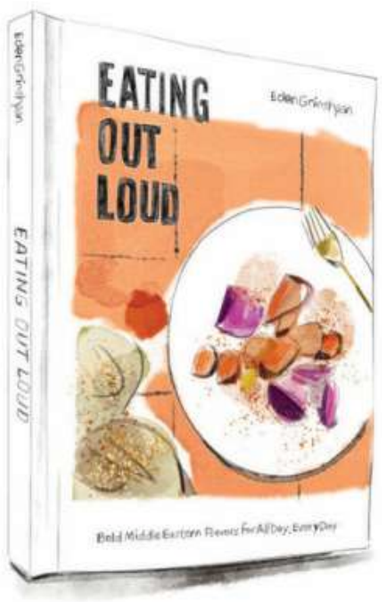


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stylemaker



recent project

In her *Eating Out Loud: Bold Middle Eastern Flavors for All Day, Every Day* ($33; *penguinrandomhouse.com*), Eden shares crowd-friendly recipes collected during summers spent in Israel as a child, as well as her travels in the Middle East. "Spices like baharat, cardamom, and sumac take super-simple dishes to the next level of deliciousness."



serving up summer

"Casual backyard get-togethers are definitely my entertaining style. My Mediterranean take on barbecue includes whole grilled fish, some sort of kebab, cauliflower and turmeric pickles, and chips with lots of dipping options like labneh (tangy yogurt), green or red zhug (hot sauce), and hummus."

"Eggs are straight-up delicious any time of day—fried with Aleppo pepper, poached in cumin-tomato sauce, or whisked with herbs and baked into a frittata."



EDEN GRINSHPAN

SHARING HER LOVE OF MIDDLE EASTERN FLAVORS WITH FAMILY-FRIENDLY RECIPES AND A LAID-BACK APPROACH TO ENTERTAINING.

Eden's passion for cooking, traveling, and eating is contagious. The chef, food personality (@edeneats), and host of *Top Chef Canada* talks about her favorite things in the kitchen, summer entertaining, and her unabashed obsession with tahini.



garlicky tahini sauce

"This is the Swiss Army knife of condiments. I use it on fish, meat, grains, salads, and sandwiches." Whisk together 1 cup tahini paste, 2 tsp. fresh lemon juice, 1 grated garlic clove, and 1 tsp. salt. Then whisk in ½ cup ice water (chef Michael Solomonov's trick for a light, almost velvety texture).



object of affection

"I have a Dutch oven passed down from my mother, and I'll give it to my daughter at some point. I use it to cook Mom's Chicken Soup."



i can't cook without...

"Music is a must-have when cooking. The Fleetwood Mac Spotify station is just as important an ingredient for me as salt and pepper." ■

"Middle Eastern flavors give desserts an interesting, not-too-sweet twist. My favorites: Yogurt and Sour Cream Cheesecake and Salted Halvah* Chocolate Chip Cookies."

*HALVAH IS A FUDGE-LIKE CANDY MADE WITH TAHINI.

BY: DIANA DICKINSON
BETTER HOMES & GARDENS (ISSN 0006-0151) JUNE 2021, VOL. 99 NO. 6, IS PUBLISHED MONTHLY BY MEREDITH CORPORATION, 1716 LOCUST STREET, DES MOINES, IA 50309-3023. U.S.A. PERIODICALS POSTAGE PAID AT DES MOINES, IOWA, AND AT ADDITIONAL MAILING OFFICES. SUBSCRIPTION PRICES, $22 PER YEAR IN THE U.S.; $35 (U.S. DOLLARS) IN CANADA; $35 (U.S. DOLLARS) OVERSEAS. POSTMASTER: SEND ALL UAA TO CFS. (SEE DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: SEND ADDRESS CORRECTIONS TO BETTER HOMES & GARDENS, P.O. BOX 37508, BOONE, IA 50037-0508. IN CANADA: MAILED UNDER PUBLICATIONS MAIL SALES PRODUCT AGREEMENT NO. 40069223; CANADIAN BN 12348 2887 RT. YOUR BANK MAY PROVIDE UPDATES TO THE CARD INFORMATION WE HAVE ON FILE. YOU MAY OPT OUT OF THIS SERVICE AT ANY TIME. ©MEREDITH CORPORATION 2021. ALL RIGHTS RESERVED. PRINTED IN THE U.S.A.

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*Based on single ice maker production rates during a 24-hour period, measured per IEC standards, when the ice bin was removed. Results may vary depending on operating conditions. Based on filling 8 oz. glasses.

**Based on single ice maker production rates during a 24-hour period, measured per IEC standard and manufacturer user's manuals, for brands identified in US and Canada TraQline as freestanding French door bottom mount refrigerators.

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